



Hearty Lentil and Sausage Soup

 **Gluten Free**  **Dairy Free**

READY IN

ready

270 min.

SERVINGS

servings

10

CALORIES

calories

426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 pound bulk pork sausage
- ☐ 1.5 cups cabbage diced
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 cup carrots shredded
- ☐ 1 stalk celery finely chopped
- ☐ 29 ounce chicken broth canned
- ☐ 0.3 teaspoon basil dried

- ☐ 1 pinch rosemary dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon garlic powder
- ☐ 16 ounce lentils dry rinsed
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 10 servings salt to taste
- ☐ 8 cups water

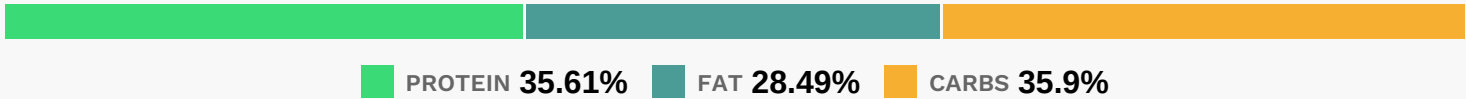
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat a large pot over medium-high heat. Break sausage into chunks and put in the pot; cook and stir until completely browned, 5 to 7 minutes.
- ☐ Transfer cooked sausage to a slow cooker.
- ☐ Add water, chicken broth, tomatoes, lentils, onion, celery, carrot, and garlic. Season mixture with garlic powder, parsley, oregano, pepper, basil, rosemary, and salt.
- ☐ Cook on Low until lentils are tender, about 4 hours.
- ☐ Stir cabbage into the soup; continue cooking until the cabbage is softened, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:5.94, Inflammation Score:-10, Nutrition Score:28.068695638491%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 425.88kcal (21.29%), Fat: 13.48g (20.74%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 38.21g (12.74%), Net Carbohydrates: 21.71g (7.89%), Sugar: 6.08g (6.76%), Cholesterol: 57.44mg (19.15%), Sodium: 866.74mg (37.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.9g (75.8%), Fiber: 16.5g (66.02%), Folate: 242.34µg (60.59%), Vitamin A: 2557.13IU (51.14%), Manganese: 0.85mg (42.63%), Phosphorus: 404.11mg (40.41%), Vitamin B1: 0.55mg (36.45%), Zinc: 5.08mg (33.84%), Iron: 6.08mg (33.8%), Vitamin B6: 0.67mg (33.41%), Selenium: 19.82µg (28.32%), Potassium: 958.11mg (27.37%), Vitamin B3: 5.4mg (26.99%), Vitamin K: 27.15µg (25.86%), Copper: 0.49mg (24.62%), Magnesium: 98.5mg (24.62%), Vitamin C: 16.14mg (19.57%), Vitamin B12: 1.01µg (16.92%), Vitamin B2: 0.27mg (15.8%), Vitamin B5: 1.44mg (14.44%), Vitamin E: 1.67mg (11.1%), Calcium: 91.73mg (9.17%), Vitamin D: 0.38µg (2.51%)