

 **59%**  
HEALTH SCORE

# Hungarian Hot Sausage and Lentil Stoup

 **Very Healthy**

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**1130 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds bulk sausage italian hot
- 4 servings butter for bread
- 1 cup pre-shredded carrots
- 4 cups chard chopped
- 6 cups chicken stock see
- 4 servings crusty pumpernickel bread
- 14 ounce canned tomatoes diced fire roasted such as muir glenn or, regular tomatoes chopped canned
- 1 bay leaf fresh

- 3 sprigs rosemary fresh
- 3 cloves garlic chopped
- 1 cup lentils
- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped
- 2 portabello mushrooms chopped
- 4 servings salt and pepper
- 1 large starchy potato peeled chopped
- 2 teaspoons paprika smoked sweet

## Equipment

- bowl
- frying pan
- pot

## Directions

- Heat a medium soup pot over medium high heat.
- Add extra-virgin olive oil, 2 turns of the pan, then add sausage to pot and brown and crumble it, then add garlic, onions and mushrooms. Cook a few minutes, then add carrots, lentils, potato, salt and pepper, bay leaf, paprika or substitute mixture and rosemary (leaves will fall from stems as stoup cooks).
- Add tomatoes and broth and cover pot then raise heat to high and bring to a boil. Uncover pot and place heat back a bit but keep stoup at a good rolling boil. Cook 15 minutes until lentils and potatoes are tender. Wilt in greens in small bunches, remove rosemary stems and turn off heat.
- Let stand 5 minutes.
- Serve in shallow bowls with bread and butter to mop up stoup. Reheat leftovers thinning it with broth or water.

## Nutrition Facts



■ PROTEIN 18.07% ■ FAT 55.61% ■ CARBS 26.32%

## Properties

Glycemic Index:98.55, Glycemic Load:19.21, Inflammation Score:-10, Nutrition Score:54.112173694631%

## Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 1130.05kcal (56.5%), Fat: 69.75g (107.31%), Saturated Fat: 24.05g (150.3%), Carbohydrates: 74.3g (24.77%), Net Carbohydrates: 54.73g (19.9%), Sugar: 13.79g (15.32%), Cholesterol: 150.82mg (50.27%), Sodium: 2255.27mg (98.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.99g (101.97%), Vitamin K: 313.33µg (298.41%), Vitamin A: 8597IU (171.94%), Vitamin B1: 1.67mg (111.41%), Selenium: 63.44µg (90.63%), Vitamin B3: 15.95mg (79.75%), Fiber: 19.57g (78.27%), Vitamin B6: 1.53mg (76.69%), Folate: 304.31µg (76.08%), Phosphorus: 696.69mg (69.67%), Potassium: 2119.14mg (60.55%), Manganese: 1.19mg (59.68%), Vitamin B2: 0.86mg (50.37%), Iron: 8.98mg (49.89%), Copper: 0.9mg (45.08%), Zinc: 6.68mg (44.51%), Magnesium: 156.83mg (39.21%), Vitamin C: 28.74mg (34.84%), Vitamin B5: 2.88mg (28.83%), Vitamin B12: 1.58µg (26.29%), Vitamin E: 2.68mg (17.86%), Calcium: 155.44mg (15.54%)