



Italian Chicken Sausage and Artichoke Soup

READY IN



40 min.

SERVINGS



4

CALORIES



1125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chard stemmed chopped
- ☐ 45 oz chicken broth reduced-sodium canned
- ☐ 1 pound mild chicken sausage italian
- ☐ 4 servings warm ciabatta bread
- ☐ 1 pound artichoke hearts frozen thawed halved
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parmesan cheese

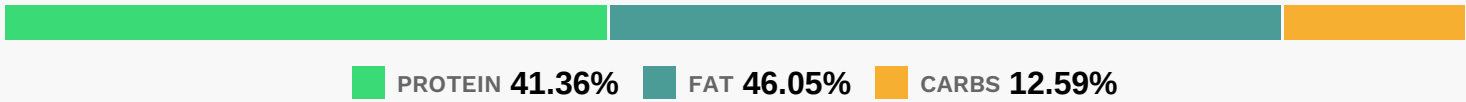
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium-high heat. Cook sausage until browned, stirring often, 10 minutes.
- ☐ Add broth, artichokes, and 2 cups water and bring to a boil.
- ☐ Reduce heat to a simmer.
- ☐ Add chard and cook, covered, until wilted, about 3 minutes. Ladle soup into bowls and serve with freshly grated cheese and bread.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:44.512174088022%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 1125.06kcal (56.25%), Fat: 57.48g (88.43%), Saturated Fat: 16.66g (104.11%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 28.79g (10.47%), Sugar: 2.85g (3.16%), Cholesterol: 259.93mg (86.64%), Sodium: 3610.09mg (156.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 116.17g (232.34%), Vitamin K: 953.26µg (907.87%), Vitamin A: 8309.17IU (166.18%), Selenium: 66.68µg (95.26%), Phosphorus: 814.1mg (81.41%), Zinc: 9.57mg (63.8%), Vitamin B12: 3.55µg (59.16%), Vitamin C: 41.62mg (50.44%), Magnesium: 196.27mg (49.07%), Calcium: 479.3mg (47.93%), Vitamin B3: 9.16mg (45.82%), Iron: 8mg (44.46%), Vitamin B6: 0.84mg (41.93%), Folate: 167.24µg (41.81%), Vitamin B2: 0.68mg (39.96%), Potassium: 1226.64mg (35.05%), Manganese: 0.7mg (34.83%), Vitamin E: 4.24mg (28.25%), Fiber: 6.54g (26.18%), Copper: 0.43mg (21.66%), Vitamin B1: 0.12mg (8.19%), Vitamin B5: 0.54mg (5.44%), Vitamin D: 0.47µg (3.13%)