



 **36%**
HEALTH SCORE

Italian Kale and Potato Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons olive oil
- 1.3 pounds ground sausage italian
- 1.3 pounds potatoes
- 1 medium onion chopped
- 3 cloves garlic minced
- 1 bunch kale washed chopped
- 6 cups chicken broth low-sodium
- 2 teaspoons basil dried

- 2 teaspoons oregano dried
- 2 teaspoons fennel seeds crushed
- 0.5 cup buttermilk low-fat
- 6 servings pepper fresh to taste
- 6 servings kale
- 0.3 cup frangelico shredded
- 0.3 cup frangelico shredded

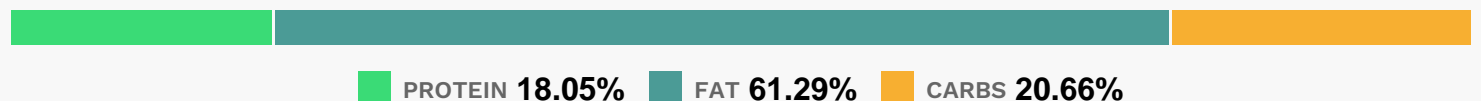
Equipment

- sauce pan
- cheesecloth

Directions

- In a large sauce pan, heat oil over medium-high heat.
- Add sausage, crumble and brown.
- Add onion and garlic and saute until onions are just tender, about three minutes.
- Meanwhile, create a bouquet garni in cheese cloth with the basil, oregano and fennel.
- Add it and all remaining ingredients except the kale and buttermilk, bring to a boil, reduce heat, cover and simmer until potatoes are cooked, 10-15 minutes.
- Add kale and simmer until it is just tender, less than 5 minutes.
- Remove from heat and stir in buttermilk.
- Add pepper to taste, you shouldn't need salt. Top with about a tablespoon of cheese.
- Serve with a warm, crusty bread.

Nutrition Facts



Properties

Glycemic Index:44.96, Glycemic Load:12.82, Inflammation Score:-9, Nutrition Score:25.900869565217%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.27mg, Isorhamnetin: 6.27mg, Isorhamnetin: 6.27mg, Isorhamnetin: 6.27mg Kaempferol: 11.49mg, Kaempferol: 11.49mg, Kaempferol: 11.49mg, Kaempferol: 11.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg

Nutrients (% of daily need)

Calories: 479.87kcal (23.99%), Fat: 33.16g (51.02%), Saturated Fat: 11.48g (71.78%), Carbohydrates: 25.16g (8.38%), Net Carbohydrates: 21.1g (7.67%), Sugar: 3.01g (3.34%), Cholesterol: 72.62mg (24.21%), Sodium: 810.91mg (35.26%), Protein: 21.97g (43.94%), Vitamin K: 101.14µg (96.32%), Vitamin C: 43.86mg (53.16%), Vitamin A: 2291.46IU (45.83%), Vitamin B1: 0.66mg (44.03%), Vitamin B3: 7.7mg (38.5%), Selenium: 24.67µg (35.25%), Vitamin B6: 0.68mg (34.07%), Phosphorus: 302.03mg (30.2%), Potassium: 1011.54mg (28.9%), Manganese: 0.52mg (26.01%), Vitamin B2: 0.39mg (22.7%), Iron: 3.47mg (19.28%), Vitamin B12: 1.14µg (19%), Copper: 0.34mg (17.18%), Zinc: 2.49mg (16.6%), Fiber: 4.05g (16.2%), Calcium: 152.04mg (15.2%), Magnesium: 56.12mg (14.03%), Folate: 43.89µg (10.97%), Vitamin B5: 0.88mg (8.79%), Vitamin E: 0.52mg (3.5%)