



Italian Sausage and Pasta Soup

READY IN



45 min.

SERVINGS



12

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 29 oz tomatoes diced canned
- 30 oz cannellini beans white rinsed drained canned ()
- 3 carrots peeled chopped (12 oz. total)
- 1 tablespoon basil dried
- 3 quarts fat-skimmed beef broth
- 4 cloves garlic peeled chopped
- 12 oz onion peeled chopped
- 1 cup parmesan cheese grated
- 2 cups soup noodles dried shell-shaped

- 12 servings salt and pepper
- 2 pounds ground sausage italian hot
- 12 oz pkt spinach rinsed

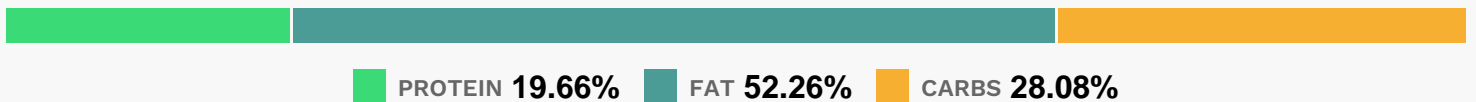
Equipment

- frying pan

Directions

- Squeeze sausages from casings into an 8- to 10-quart pan over high heat and stir often, breaking them apart with a spoon, until browned and crumbly, 8 to 10 minutes. Spoon out and discard all but 1 tablespoon fat from pan.
- Add carrots, onion, and garlic; stir often until onion is limp, 5 to 7 minutes.
- Add broth, tomatoes (including juice), beans, and basil and bring to a boil.
- Add pasta, reduce heat, and simmer, covered, stirring occasionally, until pasta is just tender to bite, about 10 minutes. Skim and discard fat. Stir in spinach and cook just until it is wilted, about 30 seconds.
- Add salt and pepper to taste.
- Serve soup from the pan, or pour into a tureen. Offer parmesan cheese to add to taste.

Nutrition Facts



Properties

Glycemic Index:19.74, Glycemic Load:8.03, Inflammation Score:-10, Nutrition Score:30.86434780126%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 462.04kcal (23.1%), Fat: 27.06g (41.63%), Saturated Fat: 9.95g (62.18%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 26.63g (9.68%), Sugar: 4.52g (5.03%), Cholesterol: 64.71mg (21.57%), Sodium: 1996.49mg (86.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.81%), Vitamin K: 148.98µg (141.89%), Vitamin A: 5361.38IU (107.23%), Selenium: 34.99µg (49.98%), Manganese: 0.95mg (47.45%), Vitamin B1: 0.6mg (40.24%), Folate: 126.61µg (31.65%), Phosphorus: 312.51mg (31.25%), Iron: 5.37mg (29.81%), Potassium: 1011.64mg (28.9%), Vitamin B6: 0.54mg (26.86%), Vitamin B3: 4.93mg (24.66%), Fiber: 6.09g (24.35%), Magnesium: 94.53mg (23.63%), Vitamin C: 19.16mg (23.23%), Calcium: 220.83mg (22.08%), Vitamin B12: 1.27µg (21.23%), Copper: 0.41mg (20.71%), Vitamin B2: 0.35mg (20.62%), Zinc: 3.06mg (20.42%), Vitamin E: 1.8mg (11.98%), Vitamin B5: 1.06mg (10.55%)