



Italian Sausage Soup

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb turkey sausage italian cut into 1-inch pieces
- 2 cups cauliflower florets
- 3 oz mostaccioli pasta uncooked
- 2.5 cups water
- 0.5 teaspoon basil dried
- 0.3 teaspoon fennel seeds crushed
- 0.3 teaspoon pepper
- 28 oz canned tomatoes whole with basil, undrained organic peeled canned

18.5 oz onion soup mix french canned

Equipment

dutch oven

Directions

In 4-quart Dutch oven, cook sausage over medium-high heat, stirring occasionally, until no longer pink; drain.

Stir in remaining ingredients, breaking up tomatoes.

Heat to boiling; reduce heat to medium-low.

Cover and cook about 15 minutes, stirring occasionally, until mostaccioli is tender.

Nutrition Facts



PROTEIN 18.48% **FAT 14.35%** **CARBS 67.17%**

Properties

Glycemic Index:17.67, Glycemic Load:4.58, Inflammation Score:-7, Nutrition Score:26.209130370099%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 459.66kcal (22.98%), Fat: 7.41g (11.4%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 78.06g (26.02%), Net Carbohydrates: 69.08g (25.12%), Sugar: 10.65g (11.83%), Cholesterol: 40.07mg (13.36%), Sodium: 7926.65mg (344.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.95%), Vitamin C: 54.34mg (65.87%), Iron: 10.06mg (55.87%), Vitamin B6: 1.03mg (51.34%), Manganese: 0.94mg (46.95%), Selenium: 30.45µg (43.5%), Phosphorus: 391.65mg (39.17%), Fiber: 8.98g (35.91%), Potassium: 1163.87mg (33.25%), Copper: 0.56mg (27.86%), Vitamin B2: 0.47mg (27.82%), Vitamin B3: 5.43mg (27.13%), Vitamin B1: 0.39mg (25.8%), Magnesium: 100.45mg (25.11%), Zinc: 3.08mg (20.56%), Calcium: 198.39mg (19.84%), Vitamin B5: 1.79mg (17.9%), Vitamin K: 11.81µg (11.24%), Folate: 38.46µg (9.61%), Vitamin E: 1.07mg (7.1%), Vitamin A: 277.95IU (5.56%), Vitamin B12: 0.33µg (5.42%)