



Italian Sausage Soup

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli
- ☐ 28 oz canned tomatoes whole with basil, undrained organic peeled canned
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 3 oz mostaccioli pasta uncooked
- ☐ 18.5 oz onion soup mix french canned
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb turkey sausage italian cut into 1-inch pieces

☐ 2.5 cups water

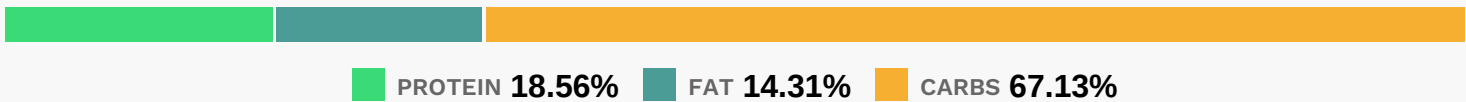
Equipment

☐ 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



Properties

Glycemic Index:17.67, Glycemic Load:4.64, Inflammation Score:-7, Nutrition Score:28.139130219169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 461.3kcal (23.07%), Fat: 7.43g (11.42%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 78.35g (26.12%), Net Carbohydrates: 69.28g (25.19%), Sugar: 10.51g (11.68%), Cholesterol: 40.07mg (13.36%), Sodium: 7926.33mg (344.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.33%), Vitamin C: 64.44mg (78.11%), Iron: 10.13mg (56.28%), Vitamin B6: 1.02mg (50.84%), Manganese: 0.95mg (47.44%), Selenium: 30.98µg (44.26%), Phosphorus: 396.35mg (39.63%), Fiber: 9.07g (36.3%), Vitamin K: 36.56µg (34.82%), Potassium: 1156.9mg (33.05%), Vitamin B2: 0.49mg (28.67%), Copper: 0.56mg (27.93%), Vitamin B3: 5.45mg (27.23%), Vitamin B1: 0.39mg (26.08%), Magnesium: 101.61mg (25.4%), Zinc: 3.11mg (20.76%), Calcium: 204.84mg (20.48%), Vitamin B5: 1.74mg (17.36%), Folate: 37.94µg (9.48%), Vitamin A: 460.7IU (9.21%), Vitamin E: 1.27mg (8.45%), Vitamin B12: 0.33µg (5.42%)