



Italian Sausage Soup

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bagged baby spinach leaves
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 8 ounces turkey sausage italian
- ☐ 2 tablespoons romano cheese fresh grated
- ☐ 0.5 cup shell pasta uncooked

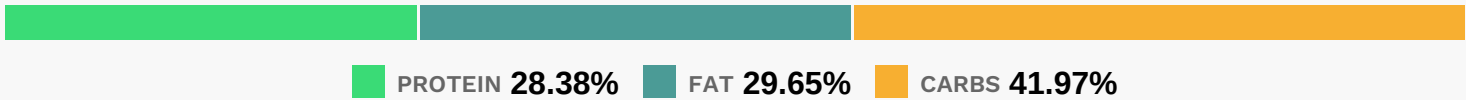
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium heat.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan, and cook about 5 minutes or until browned, stirring to crumble.
- ☐ Drain; return to pan.
- ☐ Add broth, tomatoes, and pasta to pan, and bring to a boil over high heat. Cover, reduce heat, and simmer 10 minutes or until pasta is done.
- ☐ Remove from heat; stir in spinach until wilted.
- ☐ Sprinkle each serving with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:5.96, Inflammation Score:-8, Nutrition Score:20.094347874108%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 186.74kcal (9.34%), Fat: 6.37g (9.8%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 17.07g (6.21%), Sugar: 6.92g (7.69%), Cholesterol: 32.65mg (10.88%), Sodium: 1168.67mg (50.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.43%), Vitamin K: 82.11µg (78.2%), Iron: 7.56mg (41.99%), Vitamin C: 31.09mg (37.68%), Vitamin A: 1772.27IU (35.45%), Selenium: 24.12µg (34.45%), Manganese: 0.5mg (24.96%), Vitamin B6: 0.44mg (21.84%), Vitamin B3: 4.3mg (21.52%), Phosphorus: 200.8mg (20.08%), Copper: 0.33mg (16.64%), Potassium: 563.53mg (16.1%), Magnesium: 56mg (14%), Vitamin B2: 0.22mg (13.01%), Fiber: 3.21g (12.84%), Folate: 51.24µg (12.81%), Zinc: 1.84mg (12.24%), Vitamin E: 1.62mg (10.78%), Vitamin B1: 0.15mg (9.97%), Calcium: 97.23mg (9.72%), Vitamin B5: 0.95mg (9.5%), Vitamin B12: 0.5µg (8.31%)