



Italian Sausage Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce beef broth canned
- ☐ 14.5 ounce cannellini beans undrained canned
- ☐ 14.5 ounce canned tomatoes italian-style canned
- ☐ 1 cup carrots sliced
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pound sausage italian
- ☐ 0.3 teaspoon salt

- ☐ 2 cups spinach – packed rinsed
- ☐ 2 small zucchini cubed

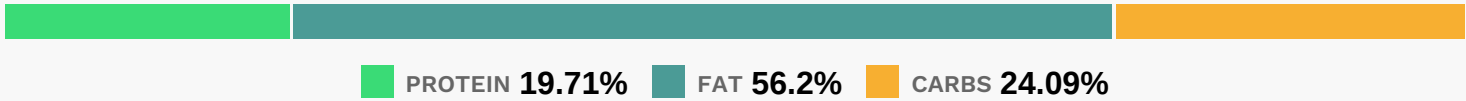
Equipment

- ☐ dutch oven

Directions

- ☐ In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.
- ☐ Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.
- ☐ Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36.97, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:24.666086818861%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 389.55kcal (19.48%), Fat: 24.66g (37.93%), Saturated Fat: 8.82g (55.14%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 17.89g (6.5%), Sugar: 5.06g (5.62%), Cholesterol: 57.46mg (19.15%), Sodium: 1260.71mg (54.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.91%), Vitamin A: 4728.11IU (94.56%), Vitamin K: 56.58µg (53.89%), Vitamin B1: 0.62mg (41.47%), Manganese: 0.67mg (33.55%), Selenium: 23.17µg (33.1%), Phosphorus: 267.86mg (26.79%), Vitamin B6: 0.53mg (26.75%), Potassium: 933.78mg (26.68%), Folate: 106.02µg (26.5%), Vitamin B3: 5.11mg (25.53%), Vitamin C: 19.97mg (24.21%), Fiber: 5.9g (23.6%), Magnesium: 79.68mg (19.92%), Iron: 3.58mg (19.9%), Vitamin B2: 0.3mg (17.67%), Copper: 0.34mg (17.08%), Zinc: 2.22mg (14.8%), Vitamin B12: 0.78µg (13.01%), Calcium: 105.72mg (10.57%), Vitamin B5: 0.94mg (9.42%), Vitamin E: 1.25mg (8.32%)