



Italian Sausage Soup with Tortellini



Dairy Free



Popular

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups beef broth
- ☐ 8 ounce tomato sauce canned
- ☐ 1 cup carrots thinly sliced
- ☐ 0.5 tablespoon basil leaves fresh packed
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pound sausage sweet italian
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 8 ounces tortellini pasta fresh
- ☐ 0.5 cup red wine
- ☐ 4 large tomatoes peeled seeded chopped
- ☐ 0.5 cup water
- ☐ 1.5 cups zucchini sliced

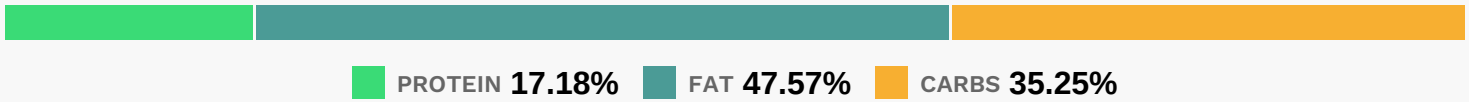
Equipment

- ☐ dutch oven

Directions

- ☐ In a 5 quart Dutch oven, brown sausage.
- ☐ Remove sausage and drain, reserving 1 tablespoon of the drippings.
- ☐ Saute onions and garlic in drippings. Stir in beef broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat; simmer uncovered for 30 minutes.
- ☐ Skim fat from the soup. Stir in zucchini and parsley. Simmer covered for 30 minutes.
- ☐ Add tortellini during the last 10 minutes.
- ☐ Sprinkle with Parmesan cheese on top of each serving.

Nutrition Facts



Properties

Glycemic Index:49.23, Glycemic Load:11.17, Inflammation Score:-10, Nutrition Score:19.632174056509%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 368.32kcal (18.42%), Fat: 18.94g (29.14%), Saturated Fat: 6.71g (41.93%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 28.03g (10.19%), Sugar: 6.47g (7.18%), Cholesterol: 43.09mg (14.36%), Sodium: 1129.14mg (49.09%), Alcohol: 1.59g (100%), Alcohol %: 0.45% (100%), Protein: 15.4g (30.79%), Vitamin A: 3736.09IU (74.72%), Selenium: 33.5µg (47.86%), Vitamin K: 37.17µg (35.4%), Vitamin C: 24.43mg (29.61%), Manganese: 0.57mg (28.71%), Vitamin B1: 0.43mg (28.34%), Vitamin B3: 4.67mg (23.33%), Potassium: 760.93mg (21.74%), Vitamin B6: 0.43mg (21.53%), Phosphorus: 209.05mg (20.9%), Fiber: 3.57g (14.26%), Vitamin B2: 0.22mg (13.16%), Magnesium: 51.63mg (12.91%), Copper: 0.25mg (12.53%), Iron: 2.21mg (12.28%), Zinc: 1.83mg (12.2%), Folate: 44.09µg (11.02%), Vitamin B12: 0.62µg (10.35%), Vitamin B5: 0.74mg (7.42%), Vitamin E: 1.1mg (7.36%), Calcium: 59.12mg (5.91%)