



Italian Turkey Sausage and Escarole Soup

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounces torn escarole
- ☐ 42 ounce less-sodium chicken broth fat-free canned
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 8 ounces turkey sausage sweet italian
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion finely chopped
- ☐ 2 tablespoons parmesan cheese fresh grated

- ☐ 1 cup seashell pasta uncooked
- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 1 cup water

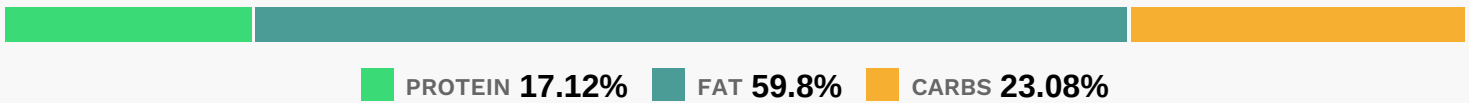
Equipment

- ☐ dutch oven

Directions

- ☐ Remove casings from sausage.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add sausage, onion, and garlic; cook 4 minutes, stirring to crumble. Stir in 1 cup water and next 5 ingredients (through broth); bring to a boil. Reduce heat; stir in escarole. Simmer 10 minutes or until escarole and pasta are tender. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:3.98, Inflammation Score:-6, Nutrition Score:11.048260939996%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 213.49kcal (10.67%), Fat: 14.24g (21.91%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 10.62g (3.86%), Sugar: 2.52g (2.8%), Cholesterol: 29.86mg (9.95%), Sodium: 1123.33mg (48.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.34%), Vitamin K: 39µg (37.14%), Selenium: 20.65µg (29.51%), Vitamin B1: 0.28mg (18.34%), Manganese: 0.3mg (15.08%), Vitamin B3: 2.84mg (14.22%), Vitamin A: 655.22IU (13.1%), Vitamin B12: 0.76µg (12.68%), Phosphorus: 126.59mg (12.66%), Vitamin B6: 0.23mg (11.26%), Vitamin C: 8.72mg (10.57%), Potassium: 353.49mg (10.1%), Folate: 37.59µg (9.4%), Vitamin B2: 0.14mg (8.39%), Copper: 0.15mg (7.67%), Zinc: 1.14mg (7.57%), Iron: 1.28mg (7.11%), Fiber: 1.75g (6.98%), Vitamin B5: 0.68mg (6.76%),

Calcium: 60.28mg (6.03%), Magnesium: 23.34mg (5.83%), Vitamin E: 0.55mg (3.65%)