



Jackie's Sausage Soup

READY IN



60 min.

SERVINGS



8

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole with liquid, chopped peeled canned
- ☐ 8 cups chicken broth
- ☐ 2 teaspoons basil dried
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 1 bell pepper green chopped
- ☐ 24 ounce sausage sweet italian
- ☐ 1 onion chopped
- ☐ 0.5 pound orzo pasta dried

- ☐ 8 servings parmesan cheese freshly grated to taste
- ☐ 10 ounce pkt spinach frozen dry thawed chopped

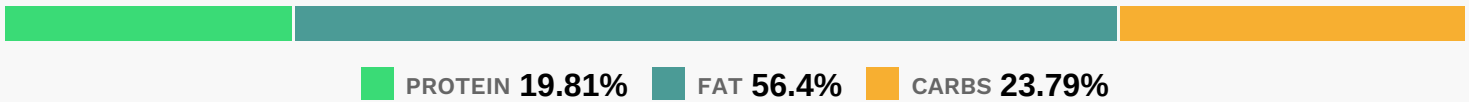
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the sausage in a large skillet over medium heat, and cook until evenly brown.
- ☐ Remove from skillet, and crumble into a large pot.
- ☐ Add bell pepper, onion, garlic, and tomatoes with their liquid. Stir in parsley, basil, and chicken broth. Cover, place over medium heat, and bring to a boil. Reduce heat to low, and cook for 30 minutes.
- ☐ Stir orzo pasta and spinach into the pot. Continue cooking soup 10 minutes, or until pasta is al dente.
- ☐ Serve topped with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:9.1, Inflammation Score:-10, Nutrition Score:32.609999863998%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 578.51kcal (28.93%), Fat: 36.38g (55.97%), Saturated Fat: 14.4g (90.01%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 30.87g (11.22%), Sugar: 5.36g (5.96%), Cholesterol: 95.44mg (31.81%), Sodium: 2191.78mg (95.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.51%), Vitamin K: 202.2µg (192.57%),

Vitamin A: 4908.76IU (98.18%), Selenium: 52.86µg (75.52%), Vitamin B1: 0.66mg (44.25%), Manganese: 0.85mg (42.38%), Phosphorus: 421.14mg (42.11%), Calcium: 389.12mg (38.91%), Vitamin C: 31.08mg (37.67%), Vitamin B2: 0.55mg (32.43%), Vitamin B6: 0.56mg (27.83%), Zinc: 3.83mg (25.55%), Vitamin B3: 4.82mg (24.12%), Potassium: 761.51mg (21.76%), Iron: 3.85mg (21.41%), Magnesium: 83.98mg (20.99%), Folate: 83.63µg (20.91%), Vitamin B12: 1.23µg (20.43%), Copper: 0.34mg (17.25%), Fiber: 3.65g (14.59%), Vitamin E: 2.09mg (13.96%), Vitamin B5: 0.88mg (8.78%)