



Kale and Potato Soup with Turkey Sausage

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken broth low-sodium homemade canned
- 1 pound mild chicken sausage
- 1 tablespoon cooking oil
- 4 cloves garlic cut into thin slices
- 0.3 teaspoon fresh-ground pepper black
- 1 pound kale shredded
- 1 onion chopped
- 1.5 pounds potatoes boiling peeled cut into 14-inch pieces

- 1 pinch red-pepper flakes dried
- 1.5 teaspoons salt
- 1 quart water

Equipment

- frying pan
- pot

Directions

- In a large pot, heat the oil over moderately low heat.
- Add the sausage and cook, turning, until browned, about 10 minutes.
- Remove the sausage from the pot and, when it is cool enough to handle, cut it into slices.
- Pour off all but 1 tablespoon fat from the pan.
- Add the onion and cook, stirring occasionally, until it is translucent, about 5 minutes.
- Add the garlic to the pan and cook, stirring, for 1 minute longer.
- Add the water, broth, and salt and bring the soup to a boil.
- Add the sausage, potatoes, and red-pepper flakes and bring back to a simmer. Cook, partially covered, for 2 minutes.
- Add the kale and bring the soup back to a simmer. Cook, partially covered, until the potatoes and kale are tender, about 6 minutes longer.
- Add the black pepper.
- Menu Suggestions: An interesting bread completes this meal with aplomb. Try corn bread or tomato-topped Italian focaccia. A good crusty loaf of white bread will do fine, too.
- Wine Recommendation: An aromatic, acidic white wine such as a sauvignon blanc is always a great choice for leafy greens. But the heartiness of this country soup can also work well with a full-bodied Portuguese red wine such as a Do.

Nutrition Facts



PROTEIN 22.46% FAT 41.89% CARBS 35.65%

Properties

Glycemic Index:30.25, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:30.447826188544%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg, Isorhamnetin: 28.14mg Kaempferol: 53.26mg, Kaempferol: 53.26mg, Kaempferol: 53.26mg, Kaempferol: 53.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 32.35mg, Quercetin: 32.35mg, Quercetin: 32.35mg, Quercetin: 32.35mg

Nutrients (% of daily need)

Calories: 451.23kcal (22.56%), Fat: 22.17g (34.12%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 34.35g (12.49%), Sugar: 5.81g (6.46%), Cholesterol: 80.06mg (26.69%), Sodium: 2172.11mg (94.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.49%), Vitamin K: 450.07µg (428.64%), Vitamin A: 11749.59IU (234.99%), Vitamin C: 125.1mg (151.64%), Manganese: 1.09mg (54.57%), Potassium: 1324.56mg (37.84%), Calcium: 329.79mg (32.98%), Fiber: 8.11g (32.45%), Vitamin B2: 0.49mg (28.99%), Vitamin B6: 0.54mg (26.94%), Folate: 106.27µg (26.57%), Vitamin B3: 4.97mg (24.83%), Iron: 4.4mg (24.45%), Phosphorus: 214.37mg (21.44%), Magnesium: 82.16mg (20.54%), Copper: 0.41mg (20.42%), Vitamin B1: 0.28mg (18.98%), Vitamin E: 1.4mg (9.31%), Zinc: 1.23mg (8.21%), Vitamin B5: 0.63mg (6.31%), Selenium: 2.45µg (3.5%), Vitamin B12: 0.12µg (1.97%)