



 **65%**
HEALTH SCORE

Kale and Roasted Sweet Potato Soup with Chicken Sausage

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium sweet potatoes and into cubed
- 1 medium onion yellow thinly sliced
- 5 cups kale chopped
- 0.3 cup mushrooms sliced
- 0.3 cup mushrooms sliced
- 6 ounces mild chicken sausage sliced (3 links)
- 6 cups chicken stock see

- 1 clove garlic thinly sliced
- 0.5 teaspoon thyme dried
- 0.5 teaspoon ground coriander
- 0.3 teaspoon pepper
- 4 servings sea salt
- 4 servings pepper black
- 4 servings olive oil

Equipment

- oven
- baking pan
- dutch oven

Directions

- Place cubed sweet potatoes in a baking pan or dish. Season with salt and pepper and coat with olive oil.
- Bake for 20 25 minutes, until soft.
- Remove from oven and set aside.
- In a dutch oven over medium heat, warm some olive oil.
- Cook the chicken sausage until just browned.
- Add in onion and mushrooms and cook for about 3 5 minutes, until softened.
- Add in garlic, thyme, coriander, some sea salt and black pepper. Stir in and cook for about 1 minute.
- Pour in chicken stock and bring to a boil.
- Reduce heat and simmer for about 5 10 minutes.
- Add in roasted sweet potatoes and kale.
- Push the kale down into the soup so its submerged. Cook for about 3 5 minutes, until bright green and tender.

Nutrition Facts



■ PROTEIN 15.36% ■ FAT 43.28% ■ CARBS 41.36%

Properties

Glycemic Index:60.75, Glycemic Load:17.62, Inflammation Score:-10, Nutrition Score:27.566956521739%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 12.48mg, Kaempferol: 12.48mg, Kaempferol: 12.48mg, Kaempferol: 12.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Taste

Sweetness: 43.64%, Saltiness: 96.77%, Sourness: 12.8%, Bitterness: 13.31%, Savoriness: 52.78%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 510.7kcal (25.53%), Fat: 24.95g (38.39%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 46.63g (16.96%), Sugar: 15g (16.66%), Cholesterol: 40.82mg (13.61%), Sodium: 1255.28mg (54.58%), Protein: 19.92g (39.84%), Vitamin A: 26873.23IU (537.46%), Vitamin K: 117.14µg (111.56%), Vitamin C: 32.62mg (39.54%), Vitamin B3: 7.58mg (37.92%), Manganese: 0.7mg (34.79%), Vitamin B2: 0.58mg (33.86%), Vitamin B6: 0.68mg (33.75%), Potassium: 1142.73mg (32.65%), Fiber: 7.02g (28.1%), Copper: 0.53mg (26.72%), Phosphorus: 215.99mg (21.6%), Vitamin B1: 0.32mg (21.11%), Vitamin E: 2.8mg (18.69%), Magnesium: 71.28mg (17.82%), Iron: 3.03mg (16.83%), Vitamin B5: 1.66mg (16.6%), Selenium: 11.01µg (15.72%), Folate: 61.28µg (15.32%), Calcium: 141.74mg (14.17%), Zinc: 1.28mg (8.53%)