



Lasagna Soup

🤍 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



1000 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 4 cups chicken stock see
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 1 handful basil chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 pound sausage italian
- ☐ 1 tablespoon oil

- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 pound soup noodles
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 ounces ricotta
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cup mozzarella cheese shredded
- ☐ 2 tablespoons tomato paste

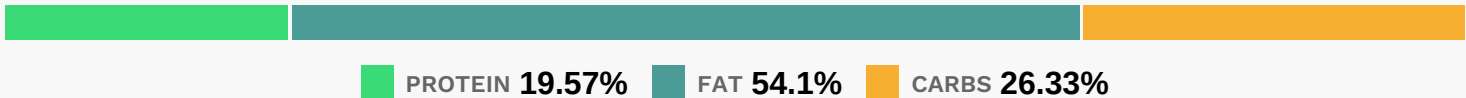
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large sauce pan over medium heat add the sausage and cook until lightly browned, about 10 minutes, breaking it apart as you go and set aside reserving the remaining oil and grease.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, red pepper flakes and fennel and saute until fragrant, about a minute.
- ☐ Add the chicken broth, tomatoes, tomato paste, sausage, oregano, bay leaf, salt and pepper, bring to a boil, reduce the heat and simmer for 30 minutes. (If you have the time this soup will benefit from being simmered longer.)
- ☐ Add the pasta and cook until al-dente, about 7 minutes and remove from heat.
- ☐ Mix the ricotta, parmesan and mozzarella and serve the soup garnished with a tablespoon of the mixture along with the basil.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:23.21, Inflammation Score:-9, Nutrition Score:37.530869857125%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 1000.46kcal (50.02%), Fat: 60.53g (93.12%), Saturated Fat: 25.11g (156.93%), Carbohydrates: 66.28g (22.09%), Net Carbohydrates: 59.45g (21.62%), Sugar: 14.2g (15.78%), Cholesterol: 158.08mg (52.69%), Sodium: 2804.14mg (121.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.27g (98.53%), Selenium: 83.38µg (119.12%), Phosphorus: 690.8mg (69.08%), Vitamin B1: 0.94mg (62.79%), Calcium: 623.61mg (62.36%), Manganese: 1.22mg (60.82%), Vitamin B2: 0.75mg (44.08%), Vitamin B12: 2.6µg (43.37%), Vitamin B6: 0.84mg (42.22%), Vitamin B3: 8.07mg (40.36%), Zinc: 5.99mg (39.94%), Copper: 0.72mg (36.2%), Potassium: 1265.25mg (36.15%), Iron: 5.9mg (32.78%), Vitamin C: 24.95mg (30.24%), Magnesium: 117.31mg (29.33%), Fiber: 6.83g (27.3%), Vitamin E: 3.96mg (26.37%), Vitamin A: 1267.27IU (25.35%), Vitamin K: 21.38µg (20.36%), Vitamin B5: 1.65mg (16.53%), Folate: 61.14µg (15.29%), Vitamin D: 0.34µg (2.29%)