



Lisa's Co-op Kale Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 large carrots chopped
- ☐ 6 cups chicken broth
- ☐ 2 teaspoons cooking oil
- ☐ 2 cloves garlic minced to taste
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 bunches kale coarsely chopped
- ☐ 1 onion diced

☐ 2 tablespoons pepper flakes red crushed

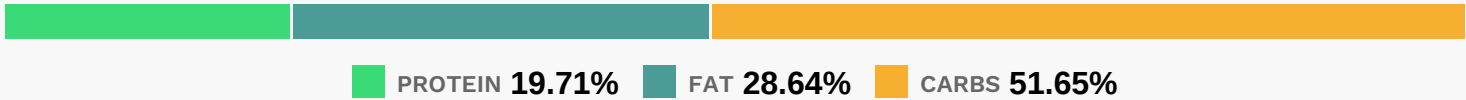
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Heat the oil in a large pot over medium heat. Cook the onion and kale in the hot oil until the kale is soft, about 10 minutes.
- ☐ Add the garlic, carrot, and garbanzo beans and cook together for about 5 minutes.
- ☐ Pour the chicken broth into the pot. Season with the red pepper, salt, and black pepper. Simmer until the carrot and garbanzo beans are tender, about 20 minutes.
- ☐ As the soup simmers, crumble the sausage into a skillet over medium heat. Cook until entirely browned, breaking the sausage into small pieces with a wooden spoon as it cooks. Stir the cooked sausage into the soup just before serving.

Nutrition Facts



Properties

Glycemic Index:29.36, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:10.691739056421%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 110.85kcal (5.54%), Fat: 3.74g (5.75%), Saturated Fat: 0.39g (2.47%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 10.44g (3.8%), Sugar: 2.56g (2.84%), Cholesterol: 4.95mg (1.65%), Sodium: 1121.99mg (48.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin A: 2811.78IU (56.24%), Manganese: 0.8mg (40.17%), Vitamin B6: 0.44mg (22.18%), Fiber: 4.74g (18.96%), Vitamin B2: 0.19mg (11.07%), Vitamin E: 1.43mg

(9.53%), Copper: 0.19mg (9.37%), Iron: 1.6mg (8.91%), Phosphorus: 85.7mg (8.57%), Potassium: 267.59mg (7.65%), Magnesium: 29.21mg (7.3%), Vitamin B1: 0.1mg (6.49%), Folate: 24.29µg (6.07%), Zinc: 0.85mg (5.69%), Vitamin B3: 1.08mg (5.38%), Vitamin K: 5.61µg (5.35%), Calcium: 53.47mg (5.35%), Selenium: 3.21µg (4.58%), Vitamin B5: 0.32mg (3.19%), Vitamin C: 2.47mg (2.99%)