



Microwave Sausage and Clam Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole with juice peeled canned
- ☐ 26 ounce clams with juice reserved minced drained canned
- ☐ 1 teaspoon basil dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 pound mushrooms fresh sliced
- ☐ 1 bunch parsley fresh snipped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green chopped

- ☐ 1.5 pounds sausage italian hot
- ☐ 0.3 cup olive oil
- ☐ 2 onions chopped
- ☐ 1 teaspoon salt

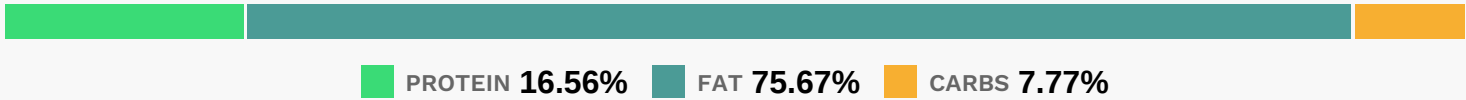
Equipment

- ☐ microwave

Directions

- ☐ In a large microwave-safe dish, microwave sausage 5 minutes on high, until no longer pink.
- ☐ Remove sausage from dish. Stir garlic and olive oil into sausage drippings and microwave 1 minute. Stir in onion, bell pepper, parsley and basil and microwave 4 minutes, until just tender.
- ☐ Stir in the mushrooms and cook 2 minutes. Then stir in the tomatoes, wine and reserved clam juice. Cover and cook 10 minutes, stirring once.
- ☐ Stir in the sausage and cook 5 minutes more.
- ☐ Let stand 5 minutes before stirring in the clams and salt.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.13, Inflammation Score:-9, Nutrition Score:26.253478330115%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 561.87kcal (28.09%), Fat: 45.12g (69.42%), Saturated Fat: 14.14g (88.37%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 8.3g (3.02%), Sugar: 4.01g (4.46%), Cholesterol: 91.71mg (30.57%), Sodium: 1240.56mg (53.94%), Alcohol: 4.12g (100%), Alcohol %: 1.14% (100%), Protein: 22.22g (44.44%), Vitamin K: 165.91µg (158.01%), Selenium: 41.24µg (58.92%), Vitamin B12: 3.14µg (52.41%), Vitamin B1: 0.75mg (49.97%), Vitamin C: 35.62mg (43.17%), Vitamin B3: 6.8mg (34.02%), Vitamin B2: 0.54mg (31.54%), Phosphorus: 292.59mg (29.26%), Vitamin B6: 0.56mg (27.92%), Potassium: 715.62mg (20.45%), Copper: 0.39mg (19.62%), Vitamin B5: 1.87mg (18.68%), Vitamin A: 931.05IU (18.62%), Zinc: 2.78mg (18.57%), Iron: 3.08mg (17.14%), Manganese: 0.29mg (14.64%), Folate: 47.2µg (11.8%), Vitamin E: 1.6mg (10.67%), Magnesium: 42.15mg (10.54%), Fiber: 2.12g (8.5%), Calcium: 63.77mg (6.38%), Vitamin D: 0.15µg (1.01%)