



Ohio Sausage and Kale Soup

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices baguette
- ☐ 8 cups chicken broth
- ☐ 1 pound 1 pound bob evans® zesty hot roll sausage hot bob evans®
- ☐ 1 bunch kale chopped
- ☐ 1 tablespoon oil
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 pound roll sausage italian bob evans®

☐ 3 medium potatoes diced

Equipment

☐ bowl

☐ sauce pan

☐ blender

Directions

☐ In large saucepan over medium heat, add oil and onions. Cook until softened. Crumble and cook sausage until browned and cooked through.

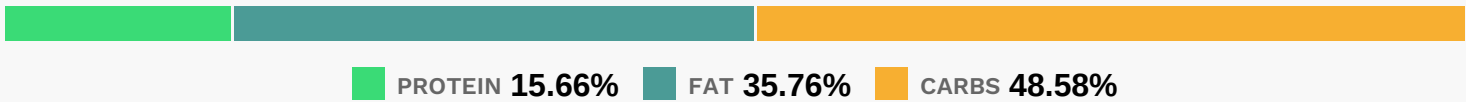
☐ Add potatoes, broth, kale and nutmeg. Bring to a boil. Cover and reduce heat to simmer for one hour.

☐ For a creamier texture, some of the soup can be pureed in a blender. To serve: brush baguette slices with oil (and parmesan if desired) and broil until toasted.

☐ Place 2 slices in each soup bowl.

☐ Pour soup over bread and serve.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:58.23, Inflammation Score:-9, Nutrition Score:36.062608967657%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg Kaempferol: 11.25mg, Kaempferol: 11.25mg, Kaempferol: 11.25mg, Kaempferol: 11.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg

Nutrients (% of daily need)

Calories: 772.14kcal (38.61%), Fat: 30.54g (46.99%), Saturated Fat: 8.25g (51.57%), Carbohydrates: 93.34g (31.11%), Net Carbohydrates: 86.72g (31.53%), Sugar: 12.55g (13.95%), Cholesterol: 60.7mg (20.23%), Sodium: 2431.77mg (105.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.19%), Vitamin K: 95.6µg (91.05%), Vitamin

B1: 1.18mg (78.98%), Manganese: 1.22mg (61.01%), Vitamin B3: 11.73mg (58.66%), Vitamin C: 45.69mg (55.38%), Vitamin B2: 0.83mg (48.65%), Selenium: 33.54µg (47.91%), Vitamin A: 2231.15IU (44.62%), Folate: 178.37µg (44.59%), Iron: 7.13mg (39.63%), Vitamin B6: 0.74mg (36.98%), Phosphorus: 335.97mg (33.6%), Potassium: 997.66mg (28.5%), Calcium: 272.44mg (27.24%), Fiber: 6.62g (26.46%), Zinc: 3.38mg (22.52%), Magnesium: 83.39mg (20.85%), Copper: 0.4mg (19.94%), Vitamin B12: 0.86µg (14.27%), Vitamin B5: 1.16mg (11.62%), Vitamin E: 1.56mg (10.43%), Vitamin D: 0.98µg (6.55%)