



## Polish Sausage Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 small head cabbage shredded
- 30 ounce kidney beans undrained canned
- 9 ounce mushrooms drained sliced canned
- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced undrained canned
- 29 ounce chicken broth canned
- 1.5 teaspoons chili powder
- 1 bell pepper green chopped

- 1 medium onion chopped
- 24 ounce picante sauce
- 16 ounce kielbasa sausage cut into 1/4-inch-thick slices

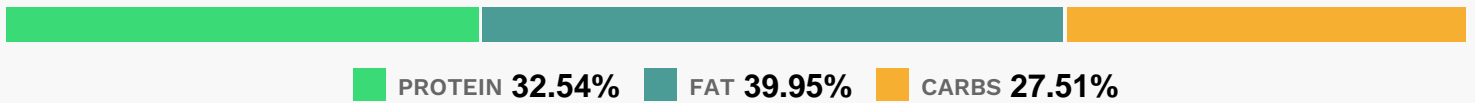
## Equipment

- paper towels
- dutch oven

## Directions

- Brown sausage in a Dutch oven over medium-high heat; drain on paper towels, and wipe Dutch oven clean with a paper towel. Return sausage to Dutch oven; add beans and remaining ingredients.
- Bring to a boil; reduce heat, and simmer 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.2, Glycemic Load:3.54, Inflammation Score:-6, Nutrition Score:13.023043580677%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 216.91kcal (10.85%), Fat: 9.8g (15.07%), Saturated Fat: 3g (18.76%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 10.16g (3.69%), Sugar: 5.57g (6.19%), Cholesterol: 36.88mg (12.29%), Sodium: 865.82mg (37.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.9%), Vitamin K: 33.65µg (32.04%), Vitamin C: 22.78mg (27.62%), Fiber: 5.02g (20.08%), Vitamin B6: 0.37mg (18.41%), Phosphorus: 182.73mg (18.27%), Vitamin B3: 3.45mg (17.23%), Manganese: 0.31mg (15.43%), Potassium: 539.36mg (15.41%), Zinc: 2.13mg (14.22%), Selenium: 9.28µg (13.25%), Iron: 2.26mg (12.55%), Vitamin B1: 0.18mg (11.92%), Copper: 0.23mg (11.33%), Magnesium: 43.71mg (10.93%), Vitamin B12: 0.6µg (10.06%), Vitamin A: 490.9IU (9.82%), Folate: 36.62µg (9.15%), Vitamin B2: 0.15mg (9.07%), Vitamin E: 1.3mg (8.64%), Vitamin B5: 0.59mg (5.92%), Calcium: 57.66mg (5.77%), Vitamin D: 0.36µg

(2.41%)