



Portuguese Kale and Sausage Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



59 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 6 garlic cloves chopped
- ☐ 1 pound kale thinly sliced
- ☐ 8 ounces kielbasa smoked low-fat thinly sliced (such as Healthy Choice)
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion coarsely chopped
- ☐ 3 large potatoes red

- ☐ 0.5 teaspoon salt divided
- ☐ 4 cups water

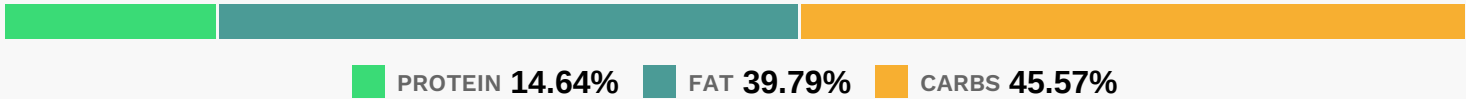
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion, and saut 3 minutes.
- ☐ Add garlic, and saut 1 minute. Stir in 1/4 teaspoon salt.
- ☐ Add water and potato; bring to a boil. Reduce heat, and simmer, uncovered, 8 to 10 minutes or until potato is tender.
- ☐ Add broth, crushed red pepper, and sausage; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes. Stir in remaining 1/4 teaspoon salt and kale, and simmer 8 to 10 minutes or until kale is tender.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:30.500434979149%

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: 19.85mg, Isorhamnetin: 19.85mg, Isorhamnetin: 19.85mg, Isorhamnetin: 19.85mg Kaempferol: 35.65mg, Kaempferol: 35.65mg, Kaempferol: 35.65mg, Kaempferol: 35.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 26.44mg, Quercetin: 26.44mg, Quercetin: 26.44mg, Quercetin: 26.44mg

Nutrients (% of daily need)

Calories: 324.71kcal (16.24%), Fat: 14.83g (22.82%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 31.21g (11.35%), Sugar: 4.89g (5.43%), Cholesterol: 26.46mg (8.82%), Sodium: 1073.81mg (46.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.56%), Vitamin K: 301.89µg (287.51%), Vitamin A: 7591.01IU (151.82%), Vitamin C: 90.75mg (110%), Manganese: 0.89mg (44.65%), Potassium: 1298.31mg

(37.09%), Vitamin B1: 0.46mg (30.48%), Vitamin B6: 0.6mg (29.97%), Fiber: 7.01g (28.03%), Vitamin B3: 5.02mg (25.12%), Vitamin B2: 0.41mg (24.36%), Calcium: 239.33mg (23.93%), Phosphorus: 234.46mg (23.45%), Folate: 89.69µg (22.42%), Copper: 0.39mg (19.68%), Magnesium: 78.42mg (19.61%), Iron: 3.42mg (19.02%), Selenium: 11.43µg (16.33%), Zinc: 1.78mg (11.86%), Vitamin B12: 0.6µg (9.96%), Vitamin B5: 0.96mg (9.58%), Vitamin E: 0.9mg (5.97%)