



Red Barn Chowder

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup garbanzo beans drained and rinsed canned
- ☐ 10 oz canned tomatoes with chiles canned
- ☐ 28 oz canned tomatoes canned
- ☐ 3 stalks celery chopped
- ☐ 2 teaspoons basil dried
- ☐ 3 cloves garlic chopped
- ☐ 1 bell pepper green chopped
- ☐ 1 pound ground sausage italian hot crumbled

- ☐ 1 onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 6 oz tomato paste canned
- ☐ 1 cup water
- ☐ 2 zucchinis sliced

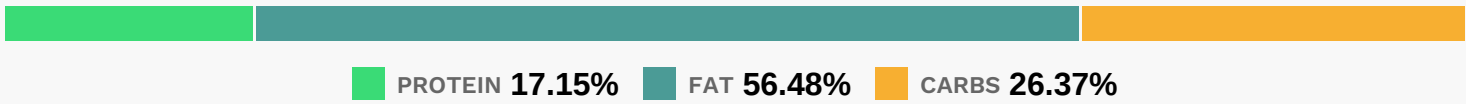
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine sausage, onion, celery, peppers, zucchini and garlic in a large saucepan; saut until sausage is browned and vegetables are tender.
- ☐ Stir in tomatoes, tomato paste, water, basil, salt and pepper; cook until heated through.
- ☐ Mix in garbanzo beans, heat through.
- ☐ Serve in warmed soup bowls.

Nutrition Facts



Properties

Glycemic Index:41.04, Glycemic Load:4.89, Inflammation Score:-8, Nutrition Score:20.214782466059%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 289.15kcal (14.46%), Fat: 18.88g (29.05%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 14.32g (5.21%), Sugar: 9.87g (10.96%), Cholesterol: 43.09mg (14.36%), Sodium: 890.44mg (38.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.79%), Vitamin C: 57.11mg (69.22%), Vitamin B6: 0.7mg (35.12%), Manganese: 0.68mg (34.22%), Vitamin B1: 0.5mg (33.07%), Potassium: 885.33mg (25.3%), Selenium: 15.82µg (22.59%), Fiber: 5.51g (22.05%), Vitamin B3: 4.3mg (21.48%), Copper: 0.42mg (21.22%), Vitamin A: 1026.67IU (20.53%), Vitamin K: 20.96µg (19.96%), Iron: 3.55mg (19.71%), Phosphorus: 182.26mg (18.23%), Vitamin E: 2.37mg (15.79%), Magnesium: 62.13mg (15.53%), Vitamin B2: 0.26mg (15.22%), Folate: 58.84µg (14.71%), Zinc: 1.87mg (12.45%), Vitamin B5: 1.01mg (10.08%), Calcium: 98.57mg (9.86%), Vitamin B12: 0.52µg (8.6%)