



Rich Italian Sausage and Potato Soup



Gluten Free



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 slice pancetta bacon diced
- ☐ 1 cube chicken bouillon
- ☐ 1.3 teaspoons garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 1 pound sausage italian
- ☐ 2 cups kale julienned rinsed
- ☐ 0.8 cup onion chopped
- ☐ 2 potatoes cubed

☐ 4 cups water

Equipment

☐ frying pan

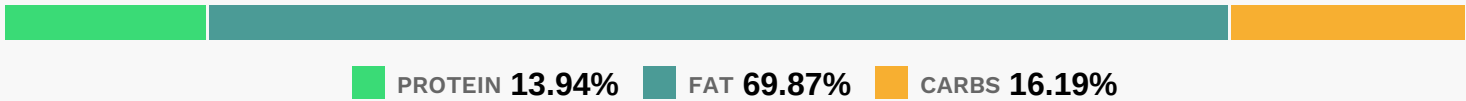
☐ sauce pan

☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Place sausage links on a sheet pan and bake for 15 to 20 minutes, or until done.
- ☐ Cut each link in half lengthwise, and then into 1/2 inch slices. Set aside for later.
- ☐ In a 4 quart saucepan over medium heat, saute the onions and the pancetta for 10 minutes, or until onions are almost clear.
- ☐ Add the garlic and saute for one more minute.
- ☐ Add the chicken base OR bouillon, water and potatoes and bring to a simmer for 15 minutes.
- ☐ Add the kale, cream and reserved sausage, simmer for 5 more minutes and serve.

Nutrition Facts



Properties

Glycemic Index:25.09, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:10.38695649997%

Flavonoids

Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 290.91kcal (14.55%), Fat: 22.58g (34.74%), Saturated Fat: 9.07g (56.67%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 10.13g (3.68%), Sugar: 1.39g (1.54%), Cholesterol: 56.11mg (18.7%), Sodium: 448.43mg (19.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Vitamin B1: 0.39mg (25.87%), Selenium: 15.26µg (21.8%), Vitamin C: 17.84mg (21.63%), Vitamin K: 21.87µg (20.83%), Vitamin B6: 0.37mg (18.48%), Vitamin A:

672.67IU (13.45%), Vitamin B3: 2.6mg (13.02%), Phosphorus: 128.54mg (12.85%), Potassium: 424.55mg (12.13%), Vitamin B2: 0.16mg (9.17%), Vitamin B12: 0.55µg (9.09%), Manganese: 0.18mg (8.83%), Zinc: 1.29mg (8.59%), Iron: 1.23mg (6.83%), Copper: 0.13mg (6.7%), Fiber: 1.65g (6.61%), Magnesium: 25.74mg (6.44%), Vitamin B5: 0.51mg (5.13%), Folate: 19.57µg (4.89%), Calcium: 44.47mg (4.45%), Vitamin D: 0.17µg (1.13%)