



Sausage and Chard Soup

 Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz .5 can cannellini beans drained and rinsed canned
- 14.5 oz canned tomatoes diced with juice canned
- 2 ribs celery chopped
- 1 pinch pepper red crushed
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 1 pound sausage italian cut into 1-inch slices
- 6 cups chicken broth low-sodium

- 2 tablespoons olive oil
- 1 large onion thinly sliced cut in half and
- 30 servings parmesan grated
- 30 servings salt and pepper
- 3 cups swiss chard chopped

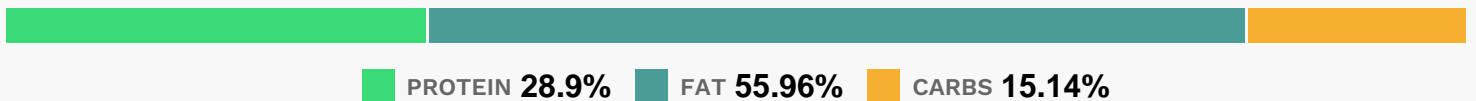
Equipment

- pot

Directions

- Warm oil in a pot over medium heat and cook sausage until browned, about 10 minutes; transfer to a plate.
- Add onion and celery to pot and saut until beginning to brown, 10 to 12 minutes.
- Add garlic and red pepper; saut for 1 minute.
- Pour in broth, raise heat to high and bring just to a boil, scraping up brown bits from pot. Return sausage to pot; stir in tomatoes and beans. Bring back to a boil, reduce heat to low; simmer for 15 minutes.
- Season soup with salt and pepper. Stir in chard; cook until wilted, about 1 minute. Stir in parsley and top with Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:1.89, Inflammation Score:-5, Nutrition Score:10.339130391245%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 221.5kcal (11.07%), Fat: 13.81g (21.24%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 6.85g (2.49%), Sugar: 0.68g (0.75%), Cholesterol: 31.89mg (10.63%), Sodium: 810.75mg (35.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.08%), Calcium: 385.43mg (38.54%), Vitamin K: 36.96µg (35.2%), Phosphorus: 273.84mg (27.38%), Selenium: 11.05µg (15.79%), Zinc: 1.49mg (9.94%), Vitamin A: 490.02IU (9.8%), Manganese: 0.19mg (9.37%), Vitamin B2: 0.16mg (9.19%), Vitamin B12: 0.54µg (9.08%), Vitamin B1: 0.13mg (8.65%), Magnesium: 34.15mg (8.54%), Iron: 1.48mg (8.22%), Potassium: 265.42mg (7.58%), Vitamin B3: 1.29mg (6.43%), Fiber: 1.56g (6.24%), Folate: 24.56µg (6.14%), Copper: 0.12mg (6.1%), Vitamin B6: 0.11mg (5.65%), Vitamin E: 0.5mg (3.36%), Vitamin B5: 0.29mg (2.87%), Vitamin C: 2.25mg (2.73%)