



 **52%**
HEALTH SCORE

Sausage and Clam Soup

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes whole peeled canned
- 14 ounce beans white drained and rinsed canned
- 4 servings top for serving
- 3 cloves garlic minced
- 8 ounces sausage italian hot thinly sliced
- 0.5 bunch kale trimmed roughly chopped
- 16 littleneck clams scrubbed
- 2 tablespoons olive oil extra-virgin

- 1 small onion chopped
- 0.8 cup can orange juice concentrate frozen thawed canned
- 0.5 teaspoon pepper flakes red
- 1 tablespoons citrus champagne vinegar

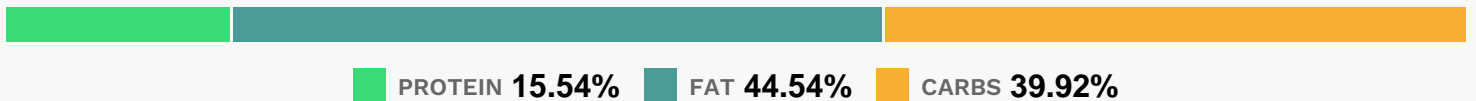
Equipment

- pot

Directions

- Heat the olive oil in a large pot over medium-high heat.
- Add the sausage and cook, turning, until browned, about 4 minutes.
- Add the onion, garlic and red pepper flakes and cook until the onion is soft, about 3 minutes.
- Stir in the orange juice concentrate, kale and 3 cups water.
- Add the tomatoes and break them into chunks with a spoon. Bring to a boil, then reduce the heat to medium low and simmer until thickened, about 30 minutes.
- Add the beans and clams. Return to a boil over high heat, cover and cook until the clams open, 10 to 12 minutes. Stir in the vinegar and serve with bread.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:63.88, Glycemic Load:6.22, Inflammation Score:-9, Nutrition Score:32.089565111243%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg Kaempferol: 7.74mg, Kaempferol: 7.74mg, Kaempferol: 7.74mg, Kaempferol: 7.74mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 511.12kcal (25.56%), Fat: 25.85g (39.78%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 43.74g (15.9%), Sugar: 21.78g (24.21%), Cholesterol: 45.61mg (15.2%), Sodium: 731.9mg (31.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.59%), Vitamin C: 114mg (138.18%), Vitamin K: 76.83µg (73.17%), Vitamin B1: 0.69mg (46.2%), Manganese: 0.91mg (45.39%), Vitamin A: 2157.25IU (43.15%), Potassium: 1404.51mg (40.13%), Folate: 141.1µg (35.27%), Iron: 6.35mg (35.26%), Vitamin B6: 0.68mg (34.16%), Fiber: 8.4g (33.6%), Selenium: 19.52µg (27.89%), Phosphorus: 277.18mg (27.72%), Magnesium: 109.12mg (27.28%), Vitamin E: 3.73mg (24.85%), Vitamin B12: 1.47µg (24.42%), Vitamin B2: 0.41mg (23.99%), Copper: 0.47mg (23.75%), Calcium: 218.68mg (21.87%), Vitamin B3: 4.28mg (21.41%), Zinc: 2.67mg (17.82%), Vitamin B5: 1.07mg (10.73%)