



Sausage and Kale Soup

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2 large carrots chopped
- 1 cup cauliflower chopped
- 6 cups chicken broth
- 2 cloves garlic minced
- 1 pound mild sausage links to package directions and coin italian halved lengthwise
- 2 cups kale coarsely chopped
- 1 small onion chopped

- 0.5 teaspoon oregano
- 1 cup portobello mushroom caps chopped

Equipment

- frying pan
- pot
- wooden spoon
- cutting board

Directions

- Heat a large pot over medium heat; cook sausages in the pot until browned, 3 to 5 minutes per side.
- Remove sausages to a cutting board to cool, reserving sausage drippings in the pot.
- Cook and stir carrots and onion in the reserved sausage drippings until the onion is translucent, 5 to 7 minutes. Stir garlic into carrot and onion mixture; cook and stir 10 to 15 seconds.
- Pour the chicken broth into the pot; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- Return sausages to the broth along with mushrooms, cauliflower, kale, bay leaf, and oregano; stir. Reduce heat to low and cook at a simmer until the vegetables are tender yet firm enough to retain their shape, about 15 minutes.
- Remove the sausages to the cutting board, cut into 1-inch half-moons, and return to the soup. Simmer together another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:12.930000106278%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 226.45kcal (11.32%), Fat: 18.35g (28.23%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.97g (1.44%), Sugar: 2.54g (2.83%), Cholesterol: 46.62mg (15.54%), Sodium: 1088.79mg (47.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin A: 3538.22IU (70.76%), Vitamin B1: 0.4mg (26.35%), Vitamin K: 25.61µg (24.39%), Selenium: 17.06µg (24.37%), Vitamin C: 14.01mg (16.99%), Vitamin B3: 3.04mg (15.18%), Vitamin B2: 0.25mg (14.9%), Vitamin B6: 0.26mg (13.14%), Phosphorus: 117.74mg (11.77%), Manganese: 0.23mg (11.61%), Potassium: 344.97mg (9.86%), Vitamin B12: 0.56µg (9.28%), Zinc: 1.32mg (8.8%), Copper: 0.12mg (6.24%), Iron: 1.1mg (6.1%), Folate: 23.35µg (5.84%), Vitamin B5: 0.58mg (5.81%), Fiber: 1.33g (5.32%), Calcium: 45.07mg (4.51%), Magnesium: 16.88mg (4.22%), Vitamin E: 0.26mg (1.74%)