



Sausage and Mushroom Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



765 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound angel hair
- 7 cups chicken broth low-sodium homemade canned
- 0.5 teaspoon thyme leaves dried
- 4 tablespoons parsley fresh chopped
- 3 cloves garlic minced
- 0.1 teaspoon fresh-ground pepper black
- 1 pound mushrooms sliced
- 2 tablespoons olive oil

- 1 onion chopped
- 0.3 teaspoon red-pepper flakes dried
- 1.8 teaspoons salt
- 1.3 pounds mild sausages italian

Equipment

- pot

Directions

- In a large pot, heat 1 tablespoon of the oil over moderate heat.
- Add the sausages and cook, turning occasionally, until browned and cooked through, about 10 minutes.
- Remove. When cool enough to handle, cut the sausages into 1/8-inch slices.
- Heat the remaining 1 tablespoon oil in the pot over moderately low heat.
- Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the mushrooms and cook until golden, 5 to 10 minutes.
- Add the broth, thyme, red-pepper flakes, 2 tablespoons of the parsley, and the salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, for 15 minutes. Stir in the sausages and bring back to a boil.
- Add the pasta, reduce the heat, and simmer until just done, about 3 minutes. Stir in the remaining 2 tablespoons parsley and the black pepper.
- Wine Recommendation: A Valtellina from northern Piedmont will nicely echo the earthy mushroom and spicy sausage flavors here. The wine is made from the nebbiolo grape, as are the more familiar Barolo and Barbaresco.

Nutrition Facts



PROTEIN 18.69% **FAT 63.54%** **CARBS 17.77%**

Properties

Glycemic Index:55.75, Glycemic Load:10.41, Inflammation Score:-7, Nutrition Score:30.998695010724%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 765.18kcal (38.26%), Fat: 54.8g (84.31%), Saturated Fat: 17.84g (111.51%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 31.7g (11.53%), Sugar: 4.77g (5.3%), Cholesterol: 107.73mg (35.91%), Sodium: 2190.84mg (95.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.26g (72.52%), Selenium: 64.11µg (91.59%), Vitamin B3: 14.96mg (74.81%), Vitamin K: 72.37µg (68.92%), Vitamin B1: 0.94mg (62.94%), Vitamin B2: 0.85mg (50.03%), Phosphorus: 490.75mg (49.07%), Copper: 0.79mg (39.7%), Potassium: 1213.52mg (34.67%), Vitamin B6: 0.69mg (34.64%), Vitamin B12: 1.75µg (29.14%), Zinc: 4.07mg (27.15%), Vitamin B5: 2.61mg (26.08%), Manganese: 0.5mg (24.88%), Iron: 4.05mg (22.5%), Vitamin C: 13.34mg (16.17%), Magnesium: 55.11mg (13.78%), Folate: 47.48µg (11.87%), Fiber: 2.79g (11.17%), Vitamin E: 1.15mg (7.64%), Vitamin A: 379.87IU (7.6%), Calcium: 71.06mg (7.11%), Vitamin D: 0.23µg (1.51%)