



## Sausage and Spinach Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby spinach
- 2 teaspoons bottled garlic minced
- 15 ounce .5 can cannellini beans rinsed drained canned
- 14.5 ounce canned tomatoes organic undrained canned (such as Muir Glen)
- 14 ounce less-sodium chicken broth fat-free canned
- 1 tablespoon basil fresh chopped
- 10 ounce turkey sausage sweet italian
- 1 cup prechopped onion

- 2 teaspoons oregano fresh chopped
- 2 tablespoons romano cheese fresh grated
- 0.5 cup water

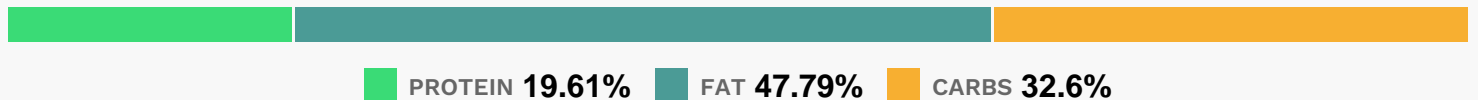
## Equipment

- bowl
- frying pan
- sauce pan
- ladle

## Directions

- Remove casings from sausage. Cook sausage in a large saucepan coated with cooking spray over high heat until browned, stirring to crumble.
- Add onion and 2 teaspoons garlic to pan; cook for 2 minutes. Stir in 1/2 cup water, beans, tomatoes, and broth. Cover and bring to a boil. Uncover and cook for 3 minutes or until slightly thick.
- Remove from heat, and stir in spinach, basil, and oregano. Ladle 1 1/2 cups soup into each of 4 bowls, and sprinkle each serving with 1 1/2 teaspoons cheese.
- Wine note: This delicious soup needs a wine that's crisp and medium-bodied, such as a California pinot gris (aka pinot grigio). The wine's crispness balances the richness of the sausage and the density of the beans. At the same time, the wine's body is substantial enough to stand up to the weight of those ingredients. Try Morgan Pinot Gris "R & D Francioni Vineyard" 2006 (Santa Lucia Highlands, California), \$ -Karen MacNeil

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:8.81, Inflammation Score:-10, Nutrition Score:27.853913186037%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

## Nutrients (% of daily need)

Calories: 438.89kcal (21.94%), Fat: 23.8g (36.62%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 27.98g (10.17%), Sugar: 6.82g (7.58%), Cholesterol: 56.46mg (18.82%), Sodium: 1110.5mg (48.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.97g (43.94%), Vitamin K: 89.53µg (85.27%), Manganese: 1.07mg (53.58%), Vitamin B1: 0.63mg (41.77%), Iron: 6.43mg (35.7%), Fiber: 8.55g (34.2%), Vitamin A: 1682.28IU (33.65%), Potassium: 1161.19mg (33.18%), Selenium: 23.19µg (33.13%), Folate: 128.78µg (32.2%), Vitamin B6: 0.58mg (29.1%), Phosphorus: 284.72mg (28.47%), Copper: 0.57mg (28.33%), Magnesium: 106.5mg (26.63%), Vitamin C: 18.94mg (22.96%), Vitamin B3: 4.46mg (22.29%), Calcium: 202.19mg (20.22%), Zinc: 3.03mg (20.21%), Vitamin E: 2.63mg (17.54%), Vitamin B2: 0.29mg (17.03%), Vitamin B12: 0.87µg (14.52%), Vitamin B5: 1.06mg (10.58%)