



 **56%**
HEALTH SCORE

Sausage Barley Soup

 Dairy Free

READY IN



255 min.

SERVINGS



4

CALORIES



1132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large carrots sliced
- 48 fluid ounce chicken broth canned
- 10 ounce pkt spinach frozen chopped
- 1 tablespoon garlic minced
- 1 pound sausage italian
- 0.5 teaspoon penzey's southwest seasoning italian
- 0.5 cup onion diced
- 0.3 cup pearl barley uncooked

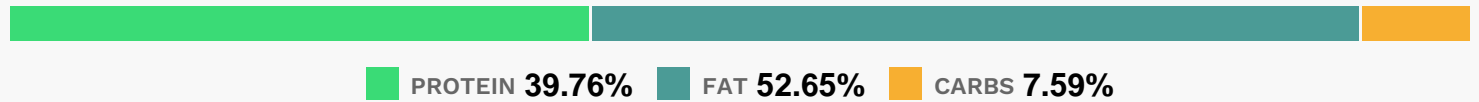
Equipment

- frying pan
- slow cooker

Directions

- In a skillet over medium heat, cook the sausage, onion, and garlic until the sausage is evenly brown. Season with Italian seasoning.
- Remove from heat, and drain.
- In a slow cooker, mix the sausage mixture, chicken broth, carrot, spinach, and barley.
- Cover, and cook 4 hours on High or 6 to 8 hours on Low.

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:45.633477604907%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 1132.39kcal (56.62%), Fat: 64.9g (99.85%), Saturated Fat: 20.84g (130.27%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 16.06g (5.84%), Sugar: 2.29g (2.55%), Cholesterol: 263.6mg (87.87%), Sodium: 2606.46mg (113.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.28g (220.56%), Vitamin K: 276.13µg (262.98%), Vitamin A: 11953.39IU (239.07%), Selenium: 102.79µg (146.84%), Phosphorus: 781.81mg (78.18%), Zinc: 11.67mg (77.81%), Vitamin B12: 4.58µg (76.34%), Vitamin B3: 13.36mg (66.81%), Vitamin B6: 1.25mg (62.25%), Vitamin B1: 0.76mg (50.67%), Iron: 7.82mg (43.47%), Vitamin B2: 0.74mg (43.4%), Manganese: 0.83mg (41.37%), Magnesium: 151.66mg (37.92%), Potassium: 1208mg (34.51%), Folate: 129.68µg (32.42%), Vitamin E: 3.36mg (22.42%), Copper: 0.45mg (22.31%), Fiber: 5g (19.99%), Calcium: 183.29mg (18.33%), Vitamin C: 9.34mg (11.32%), Vitamin B5: 0.77mg (7.68%), Vitamin D: 0.35µg (2.37%)