



Sausage, Beans and Broccoli Rabe Soup

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 cups broccoli rabe and greens chopped
- ☐ 1.3 pounds bulk sausage sweet italian
- ☐ 2 cans beans white drained
- ☐ 1 carrots chopped
- ☐ 2 quarts chicken stock see
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 medium onion chopped
- ☐ 1 large potatoes peeled chopped
- ☐ 4 servings romano grated
- ☐ 4 servings salt and pepper

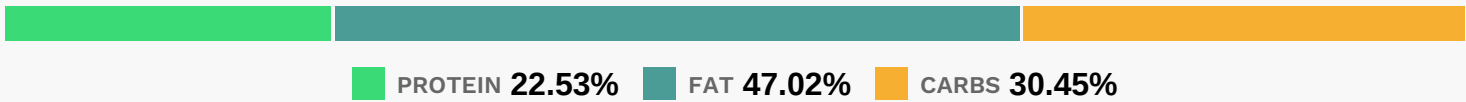
Equipment

- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat medium soup pot over medium-high heat.
- ☐ Add the olive oil and sausage and brown.
- ☐ Add veggies, bay leaf and beans. Season with salt and pepper. Cook mixture 5 minutes to begin to soften the vegetables.
- ☐ Add rabe and wilt.
- ☐ Add stock and cover pot. Raise heat and bring soup to a boil. Reduce heat to simmer and cook 15 minutes. Adjust seasonings and serve soup with grated cheese, for topping.

Nutrition Facts



Properties

Glycemic Index:76.4, Glycemic Load:24.43, Inflammation Score:-10, Nutrition Score:52.689130244048%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 1130.36kcal (56.52%), Fat: 59.02g (90.8%), Saturated Fat: 20.12g (125.74%), Carbohydrates: 86g (28.67%), Net Carbohydrates: 71.43g (25.97%), Sugar: 11.13g (12.36%), Cholesterol: 136.65mg (45.55%), Sodium: 2294.28mg (99.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.65g (127.3%), Vitamin K: 106.1µg (101.05%), Phosphorus: 824.48mg (82.45%), Vitamin B3: 16.13mg (80.63%), Vitamin A: 3955.35IU (79.11%), Manganese: 1.53mg (76.38%), Potassium: 2434.48mg (69.56%), Vitamin B6: 1.33mg (66.4%), Vitamin B1: 0.94mg (62.81%), Iron: 11.13mg (61.85%), Calcium: 611.13mg (61.11%), Fiber: 14.58g (58.31%), Folate: 226.02µg (56.51%), Zinc: 7.7mg (51.33%), Copper: 1.01mg (50.33%), Vitamin B2: 0.86mg (50.3%), Magnesium: 198.92mg (49.73%), Vitamin C: 31.61mg (38.31%), Selenium: 21.72µg (31.02%), Vitamin E: 3.98mg (26.56%), Vitamin B12: 1.56µg (26.08%), Vitamin B5: 1.98mg (19.79%), Vitamin D: 1.99µg (13.28%)