



Sausage-Kraut Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup broccoli florets chopped
- ☐ 0.5 pound bulk pork sausage
- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 1 cup carrots thinly sliced
- ☐ 10.8 ounce condensed tomato soup undiluted reduced-fat reduced-sodium canned
- ☐ 2 cups baby lima beans dried
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 teaspoon thyme leaves dried

- ☐ 2 garlic cloves minced
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups potatoes diced red
- ☐ 2 cups sauerkraut refrigerated drained
- ☐ 0.5 teaspoon summer savory dried
- ☐ 6 cups water

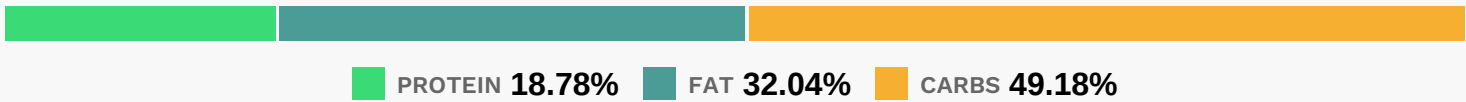
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans, and bring to a boil; cook for 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans in a colander; set aside.
- ☐ Cook sausage in pan over medium heat until browned, stirring to crumble.
- ☐ Drain well. Wipe drippings from pan with a paper towel.
- ☐ Return sausage to pan. Stir in beans, 6 cups water, and the next 11 ingredients (water through chickpeas); bring to a boil. Cover, reduce heat, and simmer for 1 hour. Stir in tomato soup; cover and simmer for an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:28.82, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:12.270869659341%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 157.34kcal (7.87%), Fat: 5.76g (8.86%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 15.07g (5.48%), Sugar: 4.04g (4.49%), Cholesterol: 12.56mg (4.19%), Sodium: 454.44mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Manganese: 0.8mg (39.9%), Vitamin A: 1879.1IU (37.58%), Vitamin C: 22.64mg (27.44%), Vitamin B6: 0.39mg (19.48%), Fiber: 4.83g (19.32%), Potassium: 533.01mg (15.23%), Vitamin K: 14.62µg (13.93%), Iron: 2.33mg (12.94%), Phosphorus: 123.37mg (12.34%), Copper: 0.24mg (12.11%), Vitamin B1: 0.17mg (11.24%), Magnesium: 43.88mg (10.97%), Vitamin B3: 1.85mg (9.27%), Folate: 34.94µg (8.73%), Zinc: 1.07mg (7.12%), Calcium: 52.42mg (5.24%), Vitamin B2: 0.09mg (5.18%), Vitamin B5: 0.43mg (4.3%), Selenium: 2.43µg (3.47%), Vitamin B12: 0.15µg (2.47%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.23µg (1.51%)