



Sausage, Potato and Kale Soup



Gluten Free



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



313 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound bulk sausage italian
- 0.5 teaspoon ground pepper black
- 4 cups half-and-half
- 2 cups torn kale leaves (bite-size pieces)
- 2 cups chicken broth low-sodium
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 3 cups potatoes cubed

0.5 teaspoon pepper flakes red to taste

2 cups milk whole

Equipment

pot

Directions

Heat a large soup pot over medium-high heat. Crumble sausage into pot; cook and stir until browned, about 10 minutes.

Drain and discard grease.

Stir half-and-half, potatoes, chicken broth, milk, onion, oregano, and red pepper flakes into sausage, bring to a boil, and reduce heat to low. Simmer until potatoes are tender, about 30 minutes. Season with black pepper; stir kale into soup. Simmer until kale is tender, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:7.71, Inflammation Score:-8, Nutrition Score:11.538695667101%

Flavonoids

Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 313.13kcal (15.66%), Fat: 22.78g (35.05%), Saturated Fat: 10.79g (67.41%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 14.88g (5.41%), Sugar: 6.17g (6.86%), Cholesterol: 61.84mg (20.61%), Sodium: 359.55mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Phosphorus: 218.2mg (21.82%), Vitamin B1: 0.31mg (20.82%), Vitamin C: 15.77mg (19.12%), Vitamin B2: 0.32mg (18.87%), Selenium: 12.99µg (18.55%), Vitamin B6: 0.36mg (17.82%), Calcium: 163.98mg (16.4%), Vitamin K: 16.6µg (15.81%), Potassium: 547.31mg (15.64%), Vitamin A: 728.91IU (14.58%), Vitamin B12: 0.76µg (12.6%), Vitamin B3: 2.52mg (12.59%), Zinc: 1.39mg (9.24%), Magnesium: 33.27mg (8.32%), Manganese: 0.16mg (7.79%), Vitamin B5: 0.75mg (7.5%), Fiber: 1.54g (6.16%), Iron: 1.11mg (6.15%), Copper: 0.12mg (6.13%), Folate: 17.99µg (4.5%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.3mg (2%)