



Sausage, Pumpkin and Arborio Soup

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup arborio rice
- 1 large bay leaf
- 1 pound bulk sausage sweet italian with fennel
- 6 cups chicken stock see
- 2 tablespoons evoo plus more for drizzling
- 3 cloves garlic chopped
- 2 cups half-and-half
- 1 small bunch tuscan kale stemmed chopped

- 6 servings kosher salt and pepper freshly ground
- 6 servings nutmeg freshly grated
- 1 onion chopped
- 6 servings parmigiano-reggiano shaved for serving
- 2 pounds pumpkin peeled cut into 3/4-inch dice
- 3 leaves sage torn fresh

Equipment

- bowl
- ladle
- wooden spoon
- dutch oven

Directions

- Heat the EVOO in a soup pot or large Dutch oven over medium-high heat.
- Add the sausage and cook, crumbling it with a wooden spoon, until browned.
- Add the garlic and onions and cook until soft, about 5 minutes.
- Add the bay leaf and squash and season with salt, pepper and a little nutmeg. Stir in the stock and half-and-half and bring to a boil. Reduce the heat to medium and add the kale. Simmer until the squash is tender, about 20 minutes.
- Add the rice and simmer until just tender, 18 to 20 minutes, stirring every 2 to 3 minutes. Stir in the sage.
- Ladle the soup into shallow bowls. Top with Parmigiano-Reggiano and a drizzle of EVOO.
Cook's Note: The soup, without the rice, can be covered and refrigerated for a make-ahead meal.
- Add the rice before serving.

Nutrition Facts



PROTEIN 18.09% FAT 53.64% CARBS 28.27%

Properties

Glycemic Index:49.33, Glycemic Load:16.85, Inflammation Score:-10, Nutrition Score:38.033913114797%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg Kaempferol: 10.26mg, Kaempferol: 10.26mg, Kaempferol: 10.26mg, Kaempferol: 10.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 766.02kcal (38.3%), Fat: 45.99g (70.75%), Saturated Fat: 19.29g (120.58%), Carbohydrates: 54.54g (18.18%), Net Carbohydrates: 49.16g (17.88%), Sugar: 12.23g (13.58%), Cholesterol: 110.26mg (36.75%), Sodium: 1566.79mg (68.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.89g (69.78%), Vitamin A: 18824.12IU (376.48%), Vitamin K: 91.41µg (87.06%), Vitamin C: 55.62mg (67.41%), Calcium: 594.93mg (59.49%), Phosphorus: 549.15mg (54.92%), Vitamin B3: 10.67mg (53.37%), Vitamin B1: 0.66mg (44.21%), Manganese: 0.83mg (41.43%), Vitamin B2: 0.68mg (39.86%), Vitamin B6: 0.8mg (39.84%), Potassium: 1240.22mg (35.43%), Folate: 134.36µg (33.59%), Selenium: 19.67µg (28.11%), Magnesium: 111.69mg (27.92%), Zinc: 3.8mg (25.3%), Iron: 4.25mg (23.63%), Vitamin E: 3.48mg (23.2%), Copper: 0.46mg (23.15%), Fiber: 5.38g (21.51%), Vitamin B12: 1.16µg (19.26%), Vitamin B5: 1.85mg (18.54%), Vitamin D: 1.13µg (7.55%)