



Sausage, Spinach, and Bean Soup

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce .5 can cannellini beans undrained canned
- ☐ 3 cups chicken broth
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 8 ounces ground sausage italian
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup freshly parmesan cheese shredded
- ☐ 0.3 teaspoon pepper

- ☐ 2 plum tomatoes diced
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 20 ounce pkt spinach fresh
- ☐ 0.3 cup butter unsalted

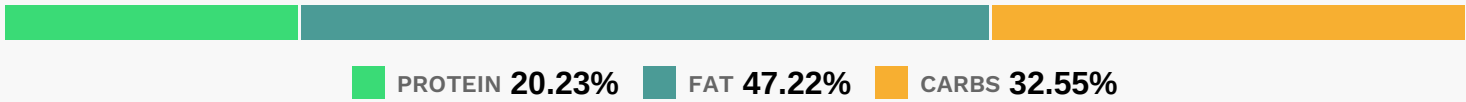
Equipment

- ☐ dutch oven

Directions

- ☐ Brown sausage in hot oil in a Dutch oven over medium-high heat 10 minutes, stirring until it crumbles and is no longer pink.
- ☐ Add garlic and crushed red pepper, and saut 2 minutes.
- ☐ Add spinach, and saut 2 minutes or until wilted.
- ☐ Stir in beans, and cook 1 minute.
- ☐ Add broth, and bring to a boil.
- ☐ Add butter, cheese, tomato, and 1 tablespoon parsley. Cook until thoroughly heated. Stir in salt and pepper.
- ☐ Sprinkle each serving evenly with remaining 1 tablespoon parsley.
- ☐ *8 ounces Italian sausage, casings removed, may be substituted for ground Italian sausage.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:9.9, Inflammation Score:-10, Nutrition Score:40.797391155492%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 7.29mg, Kaempferol: 7.29mg, Kaempferol: 7.29mg, Kaempferol: 7.29mg Myricetin: 0.71mg,

Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 523.37kcal (26.17%), Fat: 28.14g (43.29%), Saturated Fat: 12.93g (80.82%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 32.48g (11.81%), Sugar: 2.37g (2.64%), Cholesterol: 68.5mg (22.83%), Sodium: 1236.46mg (53.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.25%), Vitamin K: 582.72µg (554.97%), Vitamin A: 11399.38IU (227.99%), Manganese: 2.08mg (104.21%), Folate: 341.54µg (85.38%), Iron: 9.14mg (50.8%), Magnesium: 193.47mg (48.37%), Vitamin C: 39.24mg (47.56%), Potassium: 1642mg (46.91%), Fiber: 11.17g (44.67%), Calcium: 382.66mg (38.27%), Vitamin B1: 0.56mg (37.37%), Phosphorus: 364.76mg (36.48%), Copper: 0.63mg (31.7%), Vitamin E: 4.33mg (28.86%), Vitamin B2: 0.49mg (28.55%), Vitamin B6: 0.56mg (27.86%), Selenium: 18.51µg (26.44%), Zinc: 3.81mg (25.37%), Vitamin B3: 3.04mg (15.21%), Vitamin B12: 0.58µg (9.67%), Vitamin B5: 0.74mg (7.4%), Vitamin D: 0.22µg (1.47%)