



WHATSheATE



Sausage, White Bean, and Swiss Chard Soup



Dairy Free

READY IN



48 min.

SERVINGS



10

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce cannellini beans drained and rinsed canned
- ☐ 10 servings cornbread muffins mini
- ☐ 2 cloves garlic minced
- ☐ 1.2 pound turkey sausage italian hot lean
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 cup onion chopped
- ☐ 10 servings salt and freshly cracked pepper black
- ☐ 4 cups swiss chard chopped

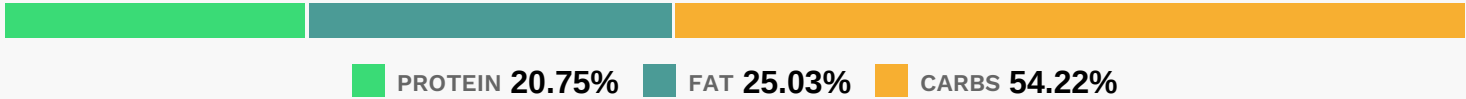
Equipment

☐ dutch oven

Directions

- ☐ In a large Dutch oven, cook the sausage, onions, and garlic over medium-high heat until the sausage is browned and crumbly, about 6 minutes.
- ☐ Drain, if necessary. Stir in the broth, Swiss chard, and beans.
- ☐ Add salt and pepper, to taste. Bring to a boil; cover, reduce heat, and simmer until Swiss chard is tender, about 20 minutes.
- ☐ Serve immediately with mini cornbread muffins, if desired.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:24.538695418316%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 418.31kcal (20.92%), Fat: 11.83g (18.2%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 50.98g (18.54%), Sugar: 12.4g (13.78%), Cholesterol: 63.53mg (21.18%), Sodium: 1144.14mg (49.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.13%), Vitamin K: 121.81µg (116.01%), Phosphorus: 511.16mg (51.12%), Iron: 8.4mg (46.69%), Manganese: 0.61mg (30.61%), Selenium: 21.4µg (30.58%), Vitamin C: 23.72mg (28.75%), Folate: 113.69µg (28.42%), Vitamin B3: 5.66mg (28.3%), Fiber: 6.7g (26.8%), Vitamin A: 1060.37IU (21.21%), Magnesium: 83.69mg (20.92%), Vitamin B6: 0.41mg (20.5%), Potassium: 699.45mg (19.98%), Vitamin B1: 0.29mg (19.55%), Vitamin B2: 0.31mg (18.46%), Copper: 0.35mg (17.6%), Zinc: 2.38mg (15.87%), Calcium: 157.09mg (15.71%), Vitamin B5: 1.08mg (10.81%), Vitamin B12: 0.52µg (8.63%), Vitamin E: 0.58mg (3.88%)