



Sausage & White Bean Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots peeled
- ☐ 2 medium celery stalks
- ☐ 1 quart chicken broth (carton or can)
- ☐ 47.4 ounce cannellini beans white undrained canned
- ☐ 2 ounces prosciutto ham minced thinly sliced
- ☐ 1.5 pounds sausage sweet italian hot
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions

☐ 1 teaspoon thyme leaves dried

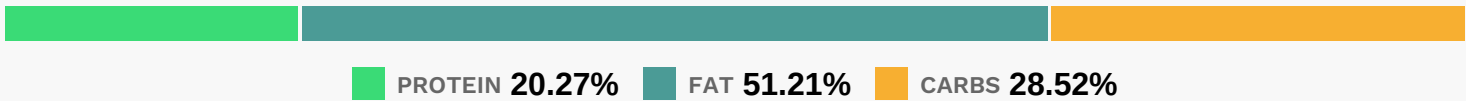
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large, deep saute pan or soup kettle over medium-high heat. When pan is hot, add sausages; cook, turning once or twice, until well-browned on all sides, about 5 minutes. (Sausage will not be fully cooked at this point.)
- ☐ Remove from pan. When cool enough to handle, cut into slices 1/4-inch thick.
- ☐ Add prosciutto, onions, carrots, celery and thyme to the empty skillet; cook, stirring often, until well browned, 8 to 10 minutes. In a small bowl, mash one can of beans with a fork into a chunky puree.
- ☐ Add broth, whole and mashed beans, and sausage; cover and bring to a simmer. Reduce heat to medium-low; simmer, partially covered, to blend flavors, 20 minutes.
- ☐ Let rest 10 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:26.115217378606%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 565.38kcal (28.27%), Fat: 32.41g (49.86%), Saturated Fat: 10.76g (67.25%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 27.92g (10.15%), Sugar: 2.41g (2.68%), Cholesterol: 71.4mg (23.8%), Sodium:

1160.58mg (50.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.72%), Vitamin B1: 0.84mg (55.93%), Manganese: 1.04mg (51.87%), Vitamin A: 2568.63IU (51.37%), Fiber: 12.7g (50.81%), Folate: 186.94µg (46.74%), Selenium: 30.22µg (43.17%), Phosphorus: 431.64mg (43.16%), Potassium: 1006.61mg (28.76%), Iron: 4.89mg (27.19%), Vitamin B6: 0.53mg (26.71%), Copper: 0.53mg (26.29%), Magnesium: 103.51mg (25.88%), Vitamin B3: 4.67mg (23.36%), Zinc: 3.34mg (22.25%), Vitamin B2: 0.35mg (20.32%), Calcium: 147.56mg (14.76%), Vitamin B12: 0.84µg (14.05%), Vitamin B5: 1mg (10.03%), Vitamin C: 7.25mg (8.79%), Vitamin E: 0.69mg (4.57%), Vitamin K: 4.52µg (4.31%)