



Skinny Italian Sausage Soup

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices bacon
- 1 can cannellini beans rinsed drained (15)
- 2 cloves garlic finely chopped
- 1 cup skim milk fat-free
- 1 teaspoon seasoning italian
- 0.5 lb turkey sausage italian lean
- 3.5 cups chicken broth reduced-sodium (from 32-oz carton)
- 1 cup onion chopped

- 0.3 teaspoon pepper
- 0.3 teaspoon pepper red crushed
- 2 large baking potatoes cut into 1/2-inch cubes (4 cups)
- 0.5 teaspoon salt
- 4 cups swiss chard fresh chopped
- 4 cups water

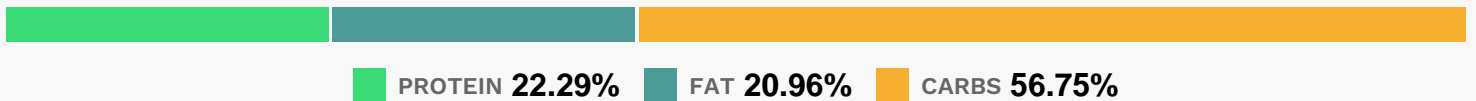
Equipment

- paper towels
- sauce pan
- dutch oven

Directions

- In 4-quart nonstick saucepan or Dutch oven, cook bacon until crisp; drain on paper towel. Crumble bacon; set aside.
- Remove and discard drippings from saucepan.
- In same saucepan, cook sausage over medium-high heat 6 to 8 minutes, stirring frequently, until no longer pink.
- Drain well on paper towels; set aside.
- In same saucepan, mix potatoes, onion, garlic, Italian seasoning, salt, pepper, pepper flakes, water and broth.
- Heat to boiling. Reduce heat to low; cook uncovered about 10 minutes, stirring occasionally.
- Stir in bacon, sausage, kale and beans. Cook 10 to 15 minutes, stirring occasionally, until potatoes and kale are tender. Stir in half-and-half; cook just until heated.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:13.21, Inflammation Score:-7, Nutrition Score:17.263043470681%

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: 200.5kcal (10.02%), Fat: 4.81g (7.4%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 25.39g (9.23%), Sugar: 3.45g (3.84%), Cholesterol: 16.1mg (5.37%), Sodium: 447.16mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Vitamin K: 123.62µg (117.73%), Iron: 4.71mg (26.15%), Manganese: 0.46mg (22.94%), Vitamin B6: 0.45mg (22.64%), Potassium: 764.62mg (21.85%), Vitamin C: 16.96mg (20.56%), Phosphorus: 201.96mg (20.2%), Vitamin A: 944.75IU (18.9%), Magnesium: 65.23mg (16.31%), Fiber: 3.9g (15.6%), Vitamin B3: 3.08mg (15.4%), Copper: 0.3mg (15.11%), Folate: 47.2µg (11.8%), Selenium: 7.92µg (11.31%), Vitamin B2: 0.18mg (10.8%), Zinc: 1.62mg (10.79%), Vitamin B1: 0.16mg (10.6%), Calcium: 91.19mg (9.12%), Vitamin B5: 0.67mg (6.68%), Vitamin B12: 0.32µg (5.41%), Vitamin E: 0.71mg (4.76%)