



Smoked-Sausage, Cabbage, and Potato Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound baking potatoes peeled halved lengthwise (2)
- 1 bay leaf
- 2 cups chicken broth low-sodium homemade canned
- 2 tablespoons cooking oil
- 1.5 teaspoons thyme leaves dried
- 1.8 quarts cabbage shredded green ()
- 1 onion chopped
- 1.5 teaspoons salt

- 0.8 pound sausage smoked such as kielbasa, quartered lengthwise and sliced thin crosswise
- 1 quart water

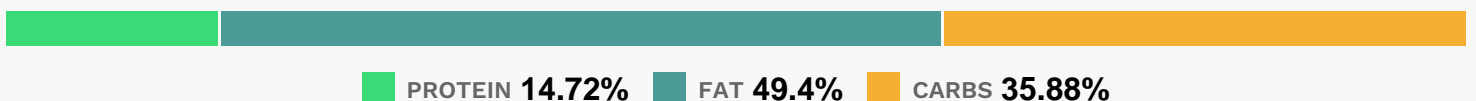
Equipment

- frying pan
- paper towels
- pot

Directions

- In a large pot, heat the oil over moderately low heat.
- Add the onion; cook, stirring occasionally, until translucent, about 5 minutes.
- Add the cabbage, potatoes, water, broth, bay leaf, thyme, and salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, until the cabbage and potatoes are tender, about 20 minutes.
- Meanwhile, put a large nonstick frying pan over moderate heat.
- Add the sausage and cook, stirring occasionally, until browned, 2 to 3 minutes.
- Remove the sausage from the pan and drain on paper towels. Just before serving, remove the bay leaf from the soup and stir in the sausage.
- Variation
- In a separate pan, cook three quarters of a pound of sausage links, cut into slices, and stir them into the soup instead of the smoked sausage.
- Wine Recommendation: Portugal, while justly renowned for its ports and Madeiras, is also a great source of excellent values in robust, dry red wines. The earthy, spicy richness of these reds is perfect for rustic fare such as this. Ask for one at your local wine shop.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:22.7, Inflammation Score:-9, Nutrition Score:33.211739249851%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 541.96kcal (27.1%), Fat: 30.86g (47.48%), Saturated Fat: 8.75g (54.68%), Carbohydrates: 50.43g (16.81%), Net Carbohydrates: 37.99g (13.82%), Sugar: 15.28g (16.98%), Cholesterol: 60.38mg (20.13%), Sodium: 1722mg (74.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.38%), Vitamin K: 328.23µg (312.6%), Vitamin C: 160.23mg (194.22%), Vitamin B6: 1.1mg (54.82%), Folate: 203.61µg (50.9%), Fiber: 12.44g (49.75%), Manganese: 0.94mg (47.06%), Potassium: 1482.46mg (42.36%), Vitamin B1: 0.58mg (38.75%), Vitamin B3: 6.55mg (32.77%), Phosphorus: 305.18mg (30.52%), Iron: 4.56mg (25.33%), Vitamin B12: 1.4µg (23.37%), Magnesium: 93.14mg (23.29%), Vitamin B2: 0.39mg (23.06%), Calcium: 212.29mg (21.23%), Zinc: 3.08mg (20.56%), Selenium: 12.99µg (18.56%), Copper: 0.36mg (17.96%), Vitamin B5: 1.63mg (16.27%), Vitamin E: 1.89mg (12.61%), Vitamin A: 423.23IU (8.46%), Vitamin D: 0.94µg (6.24%)