



Spicy Sausage Soup with Cilantro



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce beef broth canned
- ☐ 14.5 ounce cannellini beans undrained canned
- ☐ 14.5 ounce canned tomatoes italian-style canned
- ☐ 1 cup carrots sliced
- ☐ 2 cups cilantro leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 15.5 ounce hominy white canned

- ☐ 2 pounds mild sausage links to package directions and coin italian hot sliced
- ☐ 1 teaspoon salt
- ☐ 2 small zucchini cubed

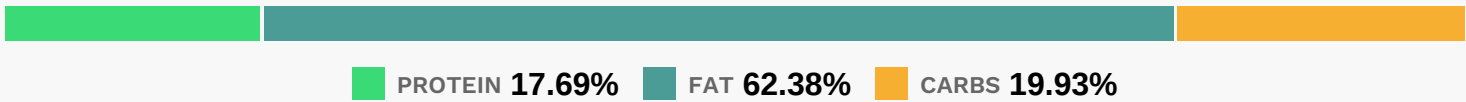
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ In a large skillet over medium heat, combine Italian sausage and garlic. Cook, stirring frequently until sausage is evenly browned.
- ☐ Drain cooked sausage in a strainer to remove grease.
- ☐ In a large Dutch oven or stock pot, combine the beef broth, hominy, stewed tomatoes, carrots, beans, and zucchini. Bring to a boil over medium-high heat, and boil for 2 minutes. Reduce heat to low, and add sausage and cilantro; simmer for 15 minutes, or until carrots and zucchini are tender. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.73, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:22.603478286577%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 529.23kcal (26.46%), Fat: 36.74g (56.53%), Saturated Fat: 13.07g (81.71%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 20.59g (7.49%), Sugar: 4.81g (5.34%), Cholesterol: 86.18mg (28.73%), Sodium: 1763.66mg (76.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.89%), Vitamin A: 3114.41IU (62.29%), Vitamin B1: 0.79mg (52.64%), Selenium: 33.22µg (47.45%), Phosphorus: 300.89mg (30.09%), Vitamin B6: 0.58mg

(28.99%), Vitamin B3: 5.69mg (28.45%), Manganese: 0.57mg (28.38%), Potassium: 834.76mg (23.85%), Fiber: 5.82g (23.27%), Zinc: 3.25mg (21.69%), Iron: 3.6mg (20.01%), Vitamin C: 15.44mg (18.71%), Vitamin B2: 0.32mg (18.69%), Vitamin B12: 1.1µg (18.36%), Folate: 72.59µg (18.15%), Vitamin K: 19.05µg (18.14%), Magnesium: 72.21mg (18.05%), Copper: 0.32mg (16.17%), Vitamin B5: 1.11mg (11.08%), Calcium: 93.24mg (9.32%), Vitamin E: 0.91mg (6.1%)