



Spicy Veggie Cabbage Soup

 **Gluten Free**

READY IN

ready

70 min.

SERVINGS

servings

12

CALORIES

calories

181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bay leaves
- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 2 large carrots sliced
- ☐ 3 stalks celery sliced
- ☐ 2 quarts chicken broth
- ☐ 8.5 ounce coleslaw mix
- ☐ 2 cloves garlic crushed
- ☐ 12 servings salt and ground pepper black to taste

- ☐ 0.5 cup heavy whipping cream to taste
- ☐ 8 ounce sausage italian hot
- ☐ 0.5 large onion diced
- ☐ 2 large potatoes diced

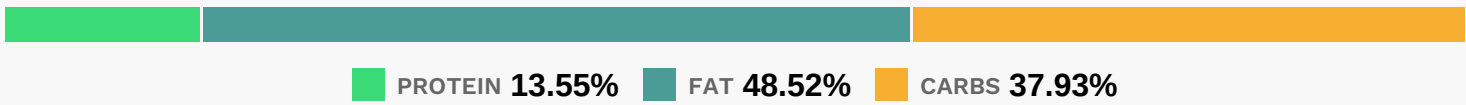
Equipment

- ☐ pot

Directions

- ☐ Heat a stock pot over medium heat. Crumble sausage into the pot; cook and stir until completely browned, 5 to 7 minutes.
- ☐ Pour chicken broth into the pot; add tomatoes, coleslaw mix, celery, potatoes, carrots, onion, garlic, bay leaves, salt, and pepper. Bring the liquid to a boil, reduce heat to medium low, and simmer until vegetables are tender, 45 minutes to 1 hour. Stir cream into individual servings.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:9.48, Inflammation Score:-9, Nutrition Score:12.048260906468%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 181.43kcal (9.07%), Fat: 10.06g (15.48%), Saturated Fat: 4.48g (28%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 14.57g (5.3%), Sugar: 4.52g (5.02%), Cholesterol: 28.72mg (9.57%), Sodium: 793.6mg (34.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin A: 2292.83IU (45.86%), Vitamin C: 24.59mg (29.81%), Vitamin K: 23.21µg (22.11%), Vitamin B6: 0.35mg (17.72%), Manganese: 0.33mg (16.45%), Vitamin B1: 0.24mg (16.18%), Potassium: 552.58mg (15.79%), Fiber: 3.13g (12.51%), Vitamin B2: 0.2mg (11.97%), Vitamin B3: 2.23mg (11.14%), Phosphorus: 99.12mg (9.91%), Copper: 0.18mg (9.24%), Selenium: 6.22µg (8.88%), Iron: 1.45mg

(8.03%), Folate: 31.83µg (7.96%), Magnesium: 31.58mg (7.89%), Zinc: 0.84mg (5.58%), Calcium: 53.87mg (5.39%),
Vitamin B5: 0.52mg (5.22%), Vitamin E: 0.71mg (4.75%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.16µg (1.06%)