



Spinach, White Bean and Turkey Sausage Soup



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 4 cups chicken stock see
- ☐ 2 cloves garlic chopped
- ☐ 1 pound turkey sausage italian
- ☐ 4 servings juice of lemon to taste
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon oregano
- ☐ 2 inch parmesan rind
- ☐ 1 pinch pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 bunch swiss chard coarsely chopped

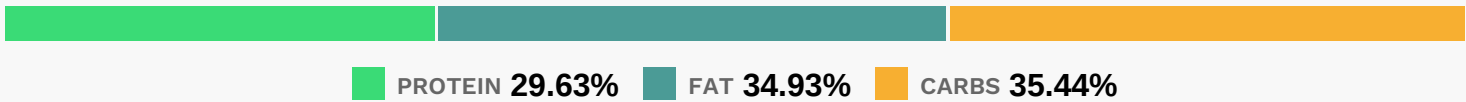
Equipment

- ☐ sauce pan

Directions

- ☐ Cook the sausage in a large sauce pan over medium heat and set aside, about 6 minutes.
- ☐ Add the oil, garlic and red chili pepper flakes and cook until fragrant, about a minute.
- ☐ Add the broth, sausage, beans, oregano, bay leaf and parmesan rind, bring to a boil, reduce the heat and simmer for 15 minutes.
- ☐ Add the spinach and simmer until it wilts, about 1–2 minutes. Season with salt, pepper and lemon juice, remove from heat, remove bay leaf and parmesan rind and serve while hot.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:6.06, Inflammation Score:-10, Nutrition Score:35.946522122249%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 369.89kcal (18.49%), Fat: 14.7g (22.61%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 25.93g (9.43%), Sugar: 6.19g (6.88%), Cholesterol: 65.7mg (21.9%), Sodium: 2284.91mg (99.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.11%), Vitamin K: 630.87µg (600.83%),

Vitamin A: 4773.49IU (95.47%), Iron: 15.86mg (88.12%), Vitamin C: 63.27mg (76.69%), Manganese: 1.06mg (52.99%), Selenium: 28.94µg (41.34%), Magnesium: 148.58mg (37.15%), Phosphorus: 356.77mg (35.68%), Vitamin B6: 0.62mg (31.09%), Fiber: 7.63g (30.51%), Potassium: 1064.48mg (30.41%), Copper: 0.55mg (27.67%), Zinc: 4.13mg (27.56%), Vitamin B2: 0.45mg (26.5%), Vitamin B3: 5.21mg (26.03%), Folate: 93.04µg (23.26%), Vitamin E: 2.99mg (19.9%), Vitamin B1: 0.27mg (18%), Calcium: 161.35mg (16.13%), Vitamin B5: 1.29mg (12.9%), Vitamin B12: 0.56µg (9.36%)