

Toscana Soup

 Gluten Free

READY IN



75 min.

SERVINGS



5

CALORIES



987 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chicken soup base
- 1.3 teaspoons garlic minced
- 0.3 cup heavy cream
- 2 cups kale sliced
- 0.8 cup onion diced
- 12 links spicy pork sausage sliced
- 2 potatoes halved sliced
- 1 tablespoon vegetable oil

4 cups water

Equipment

baking sheet

sauce pan

oven

Directions

Preheat oven to 300 degrees F (150 degrees C).

Place sausage links on a baking sheet and bake 25 minutes, or until cooked through. Slice into 1/2 inch slices.

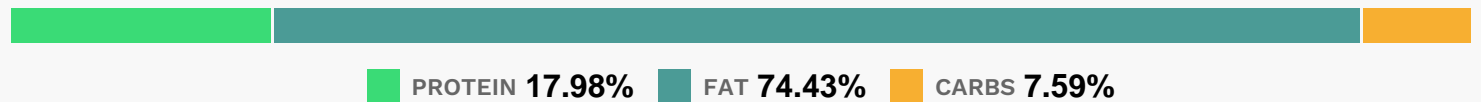
Heat oil in a large saucepan over medium heat.

Saute onions until translucent; add garlic and cook 1 minute.

Stir in broth, water and potatoes; simmer 15 minutes.

Reduce heat to low and add sausage, kale and cream; simmer until heated through and serve.

Nutrition Facts



Properties

Glycemic Index:40.15, Glycemic Load:11.47, Inflammation Score:-9, Nutrition Score:26.603043545847%

Flavonoids

Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 987.04kcal (49.35%), Fat: 80.9g (124.47%), Saturated Fat: 28.04g (175.22%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 15.91g (5.79%), Sugar: 2.57g (2.85%), Cholesterol: 213.45mg (71.15%), Sodium: 2226.73mg (96.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.99g (87.97%), Vitamin B3: 13.84mg (69.22%), Vitamin B6: 1.14mg (56.96%), Vitamin B1: 0.84mg (56.08%), Phosphorus: 439.93mg (43.99%), Zinc: 6.27mg (41.82%), Vitamin K: 41.08µg (39.13%), Vitamin B12: 2.34µg (38.94%), Vitamin C: 28.66mg (34.73%), Potassium: 1119.8mg (31.99%), Vitamin A: 1278.09IU (25.56%), Vitamin B2: 0.43mg (25.47%), Vitamin D: 3.78µg

(25.2%), Iron: 3.91mg (21.72%), Vitamin B5: 2.17mg (21.66%), Magnesium: 67.05mg (16.76%), Copper: 0.32mg (15.95%), Manganese: 0.25mg (12.3%), Fiber: 2.64g (10.57%), Calcium: 82.74mg (8.27%), Folate: 27.41µg (6.85%), Vitamin E: 0.96mg (6.42%), Selenium: 1.59µg (2.28%)