



WHATSheATE



Turkey Sausage-Gnocchi Soup

READY IN



15 min.

SERVINGS



7

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes italian-style undrained chopped canned
- ☐ 16 ounce vacuum-packed gnocchi (such as Bellino or Vigo)
- ☐ 4.5 ounce turkey sausage italian hot
- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 2 cups water

Equipment

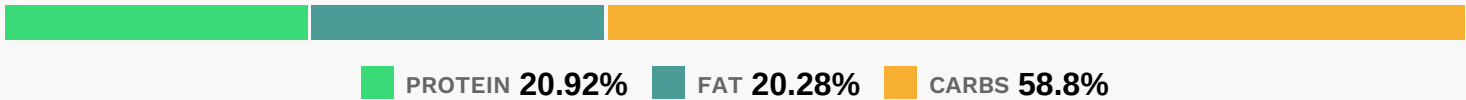
- ☐ bowl

- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Remove casings from sausage. Cook sausage in a large Dutch oven over medium-high heat until sausage is browned, stirring to crumble.
- ☐ Add 2 cups water and next 3 ingredients to pan; bring to a boil. Reduce heat, and simmer 4 to 5 minutes or until gnocchi float to the top of pan. Ladle soup into bowls; sprinkle each serving evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:15.88, Inflammation Score:-3, Nutrition Score:7.1186957475932%

Nutrients (% of daily need)

Calories: 187.86kcal (9.39%), Fat: 4.35g (6.69%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 25.6g (9.31%), Sugar: 3.23g (3.59%), Cholesterol: 15.17mg (5.06%), Sodium: 703.4mg (30.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Iron: 4.91mg (27.29%), Calcium: 134.68mg (13.47%), Vitamin C: 10.94mg (13.26%), Fiber: 2.78g (11.11%), Phosphorus: 108.72mg (10.87%), Potassium: 328.81mg (9.39%), Selenium: 6.22µg (8.89%), Vitamin B6: 0.16mg (8.24%), Copper: 0.14mg (7.06%), Vitamin B3: 1.41mg (7.05%), Manganese: 0.12mg (6.06%), Vitamin B2: 0.09mg (5.23%), Zinc: 0.78mg (5.17%), Magnesium: 20.54mg (5.14%), Vitamin E: 0.75mg (5.01%), Vitamin A: 215.76IU (4.32%), Vitamin B1: 0.06mg (4.01%), Vitamin B5: 0.35mg (3.45%), Vitamin K: 3.25µg (3.1%), Vitamin B12: 0.18µg (2.93%), Folate: 9.66µg (2.41%)