



Tuscan-Style Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup sage leaves fresh
- ☐ 2 heads garlic
- ☐ 1 cup half-and-half
- ☐ 6 ounces sausage italian hot
- ☐ 1 cup kale chopped
- ☐ 2.5 tablespoons olive oil divided

- ☐ 2 cups onion divided finely chopped
- ☐ 1 ounce pancetta finely chopped
- ☐ 4 ounces pecorino romano cheese divided
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt divided
- ☐ 6 cups yukon gold potatoes cubed peeled

Equipment

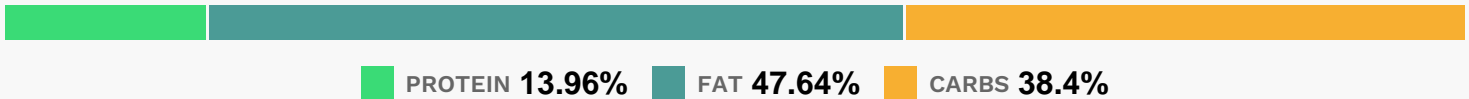
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Cut off pointed end of each garlic head to partially reveal cloves (do not peel or separate the cloves); place each head in the center of a small sheet of heavy-duty aluminum foil.
- ☐ Drizzle 1/2 teaspoon oil over each head; wrap each in foil.
- ☐ Bake at 400 for 45 minutes; cool 10 minutes. Squeeze to extract pulp; discard skins.
- ☐ Heat 2 teaspoons oil in a Dutch oven over medium-high heat.
- ☐ Add 1 1/2 cups onion; saut 4 minutes, stirring frequently. Stir in pepper, 1/8 teaspoon salt, and potato; saut 2 minutes.
- ☐ Add broth; bring to a boil. Reduce heat, and simmer 20 minutes or until potatoes are very tender, stirring occasionally.
- ☐ Place a food mill over a large bowl; pour potato mixture and garlic pulp into food mill. Press mixture through food mill; return mixture to pan. Stir in half-and-half. Finely grate 2 ounces

- cheese to yield 1/2 cup; stir into soup. Cook over medium heat 5 minutes or until thoroughly heated.
- ☐ Heat 1 1/2 teaspoons oil in a large skillet over medium heat.
 - ☐ Add remaining 1/2 cup onion; saut for 6 minutes, stirring frequently. Stir in 1/8 teaspoon salt, sausage, and pancetta; cook 8 minutes or until browned, stirring to crumble sausage.
 - ☐ Cook kale in boiling water for 4 minutes; strain through a sieve over a bowl, reserving 1/4 cup cooking liquid. Grate 1 ounce cheese.
 - ☐ Combine kale, reserved cooking liquid, grated cheese, sage, and nuts in a food processor; process until finely ground. With processor on, gradually add 1 tablespoon oil through food chute, processing until combined. Ladle 1 cup soup into each of 6 bowls; top each serving with 3 tablespoons sausage mixture.
 - ☐ Drizzle each serving with about 4 teaspoons kale mixture; shave remaining 1 ounce cheese evenly over soup.

Nutrition Facts



Properties

Glycemic Index:43.29, Glycemic Load:32.49, Inflammation Score:-9, Nutrition Score:28.636956743572%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.5mg, Isorhamnetin: 3.5mg, Isorhamnetin: 3.5mg, Isorhamnetin: 3.5mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg

Nutrients (% of daily need)

Calories: 543.67kcal (27.18%), Fat: 29.26g (45.01%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 46.41g (16.88%), Sugar: 6.38g (7.09%), Cholesterol: 58.44mg (19.48%), Sodium: 1225.78mg (53.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.57%), Copper: 2.06mg (102.75%), Vitamin C: 57.69mg (69.93%), Vitamin B6: 1.04mg (52.07%), Manganese: 1.02mg (50.82%), Phosphorus: 431.82mg (43.18%), Potassium: 1343.98mg (38.4%), Calcium: 327.02mg (32.7%), Vitamin B1: 0.45mg (30.27%), Fiber: 6.66g (26.62%), Selenium: 17.71µg (25.29%), Vitamin B3: 4.82mg (24.12%), Vitamin K: 25.04µg (23.85%), Magnesium: 90.64mg (22.66%), Vitamin B2: 0.35mg (20.73%), Iron: 3.2mg (17.77%), Zinc: 2.36mg (15.76%), Vitamin B12: 0.87µg (14.54%), Folate: 57.91µg (14.48%), Vitamin B5: 1.39mg (13.87%), Vitamin A: 581.13IU (11.62%), Vitamin E:

1.38mg (9.21%)