



Tuscan Turkey Sausage Soup

 **Gluten Free**

READY IN



30 min.

SERVINGS



8

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces great northern beans rinsed drained canned
- 0.1 teaspoon caraway seeds
- 10 ounces cream of chicken soup undiluted reduced-fat reduced-sodium canned
- 0.1 teaspoon fennel seeds crushed
- 0.3 teaspoon alouette garlic & herbs spreadable cheese salt-free
- 1 tablespoon seasoning italian
- 1 small leek white cut into 1-inch strips (portion only)
- 4 cups chicken broth reduced-sodium

- 8 ounces mushrooms drained canned
- 1 small onion chopped
- 12 ounces turkey sausage italian

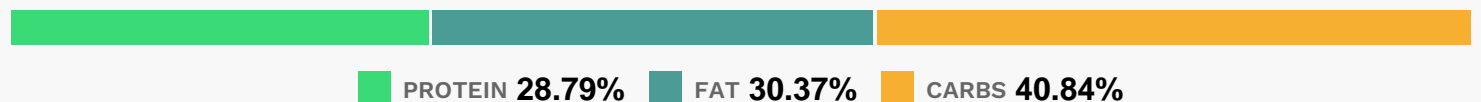
Equipment

- frying pan
- sauce pan
- whisk

Directions

- In a nonstick skillet coated with cooking spray, cook sausage over medium heat until no longer pink; drain.
- Let cool and slice.
- In a large saucepan, whisk together the broth, soup, mushrooms, onion, Italian seasoning, garlic and herb seasoning, caraway seeds and fennel seed.
- Add sausage. Bring to a boil.
- Reduce heat; simmer, uncovered, for 5 minutes.
- Add beans and leek. Simmer 10 minutes longer or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:1.93, Inflammation Score:-5, Nutrition Score:13.513913149419%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 197.49kcal (9.87%), Fat: 6.91g (10.63%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 16.99g (6.18%), Sugar: 3.1g (3.44%), Cholesterol: 25.54mg (8.51%), Sodium: 685.94mg (29.82%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.47%), Iron: 6.17mg (34.31%), Vitamin B3: 4.67mg (23.37%), Phosphorus: 229.41mg (22.94%), Selenium: 15.12µg (21.59%), Vitamin C: 16.26mg (19.71%), Manganese: 0.38mg (19.04%), Copper: 0.35mg (17.46%), Vitamin B2: 0.28mg (16.49%), Fiber: 3.91g (15.64%), Folate: 62.25µg (15.56%), Vitamin B6: 0.3mg (15.14%), Potassium: 520.97mg (14.88%), Magnesium: 48.77mg (12.19%), Zinc: 1.67mg (11.12%), Vitamin B5: 1.01mg (10.11%), Vitamin K: 10.6µg (10.1%), Vitamin B1: 0.15mg (9.72%), Calcium: 66.78mg (6.68%), Vitamin A: 322.15IU (6.44%), Vitamin B12: 0.31µg (5.2%), Vitamin E: 0.41mg (2.75%)