



White Bean, Sage, and Sausage Soup



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 58 ounce cannellini beans organic rinsed drained canned
- ☐ 6 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup wine dry white
- ☐ 1 cup fennel bulb chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup sage fresh chopped
- ☐ 8 garlic clove minced

- ☐ 20 ounces ground sausage italian hot
- ☐ 2 cups onion chopped
- ☐ 2 cups plum tomatoes chopped
- ☐ 1 tablespoon tomato paste

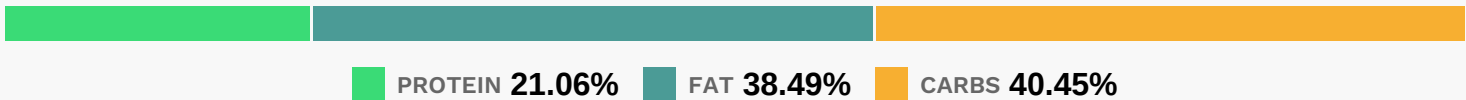
Equipment

- ☐ frying pan
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add onion and next 4 ingredients (through garlic); cook 3 minutes. Reduce heat; cook 10 minutes or until sausage is browned and vegetables are tender, stirring to crumble sausage.
- ☐ Add sage and tomato paste; cook 1 minute, stirring constantly.
- ☐ Add wine; cook 3 minutes or until liquid is reduced by half.
- ☐ Add stock; bring to a boil, reduce heat, and simmer 5 minutes.
- ☐ Add tomato and beans, and cook 2 minutes.
- ☐ Sprinkle with chopped parsley, or follow freezing instructions.
- ☐ TO FREEZE: Cool soup to room temperature; seal in a large zip-top plastic freezer bag.
- ☐ Lay bag flat in freezer; freeze up to 2 months.
- ☐ TO THAW: Microwave soup in bag at MEDIUM (50% power) for 4 minutes or until pliable.
- ☐ Pour soup into a Dutch oven. Cover and cook over medium heat until thoroughly heated (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:12.76, Inflammation Score:-9, Nutrition Score:32.844347870868%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 606.68kcal (30.33%), Fat: 25.22g (38.8%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 47.75g (17.36%), Sugar: 7.71g (8.56%), Cholesterol: 59.26mg (19.75%), Sodium: 816.91mg (35.52%), Alcohol: 3.09g (100%), Alcohol %: 0.65% (100%), Protein: 31.04g (62.08%), Copper: 1.94mg (97%), Manganese: 1.38mg (68.81%), Vitamin B1: 0.72mg (47.74%), Fiber: 11.87g (47.49%), Vitamin K: 49.26µg (46.92%), Potassium: 1613.2mg (46.09%), Iron: 8.06mg (44.77%), Folate: 171.19µg (42.8%), Phosphorus: 380.77mg (38.08%), Selenium: 25.69µg (36.7%), Magnesium: 140.7mg (35.18%), Vitamin B6: 0.64mg (31.89%), Vitamin B3: 6mg (30%), Zinc: 4.13mg (27.53%), Vitamin B2: 0.39mg (22.82%), Vitamin C: 18.01mg (21.84%), Calcium: 203.15mg (20.32%), Vitamin E: 2.22mg (14.79%), Vitamin A: 739.25IU (14.78%), Vitamin B12: 0.64µg (10.75%), Vitamin B5: 0.91mg (9.12%)