



White Bean, Sausage and Spinach Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby spinach
- 30 oz .5 can cannellini beans rinsed drained canned
- 2 cloves garlic finely chopped
- 3 cups chicken broth low-sodium
- 1 tablespoon olive oil
- 1 onion finely chopped
- 6 servings salt and pepper
- 14 oz turkey kielbasa smoked cut into 2-inch pieces

Equipment

- paper towels
- pot

Directions

- In a pot, warm olive oil over medium heat.
- Add sausage and cook, stirring, until browned all over, about 5 minutes.
- Transfer to a paper towel-lined plate. Discard all but 1 Tbsp. of fat from pot.
- Add onion and garlic, and cook, stirring often, until soft, about 3 minutes.
- Return sausage to pot and add chicken broth, 3 cups water and beans. Bring to a boil, reduce heat to low and simmer for 15 minutes. Stir in spinach until wilted, 1 to 2 minutes. Season with salt and pepper and serve hot.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:7.77, Inflammation Score:-9, Nutrition Score:26.866086415623%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 319.04kcal (15.95%), Fat: 9.34g (14.37%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 29.14g (10.6%), Sugar: 3.55g (3.95%), Cholesterol: 35.06mg (11.69%), Sodium: 1044.17mg (45.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.89%), Vitamin K: 102.73µg (97.84%), Iron: 11.45mg (63.6%), Manganese: 0.95mg (47.51%), Vitamin A: 1971.11IU (39.42%), Folate: 139.74µg (34.94%), Vitamin C: 27.4mg (33.21%), Fiber: 8.17g (32.69%), Phosphorus: 303.41mg (30.34%), Potassium: 1017.77mg (29.08%), Magnesium: 107.9mg (26.97%), Copper: 0.5mg (24.94%), Selenium: 17.39µg (24.84%), Vitamin B6: 0.44mg (22.18%), Vitamin B3: 4.38mg (21.9%), Zinc: 3.26mg (21.76%), Calcium: 148.06mg (14.81%), Vitamin B2: 0.25mg (14.48%), Vitamin B1: 0.21mg (13.94%), Vitamin E: 1.93mg (12.84%), Vitamin B12: 0.4µg (6.71%), Vitamin B5: 0.3mg (3.04%)