

Zucchini Soup III

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



132 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups celery chopped
- 1 teaspoon garlic powder
- 1 bell pepper green chopped
- 1 teaspoon penzey's southwest seasoning italian
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1 pound sausage
- 58 ounce stewed tomatoes canned

- 1 teaspoon sugar white
- 2 pounds zucchini sliced

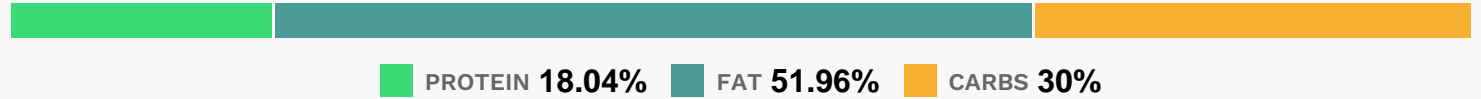
Equipment

- pot

Directions

- In a large pot over medium high heat, saute the sausage for about 8 minutes, or until browned.
- Drain excess fat.
- Add the celery and continue to cook for about 10 minutes, stirring occasionally.
- Add the zucchini, onions, tomatoes, oregano, Italian-style seasoning, sugar, and the garlic powder. Reduce heat to medium low. Cover and simmer for 30 minutes.
- Remove cover and add the bell peppers. Continue to simmer for about 10 minutes.
- Serve and enjoy.

Nutrition Facts



Properties

Glycemic Index:12.32, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:8.7960869333018%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 132.04kcal (6.6%), Fat: 7.95g (12.24%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.12g (2.95%), Sugar: 6.07g (6.75%), Cholesterol: 20.41mg (6.8%), Sodium: 422.85mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Vitamin C: 25.59mg (31.01%), Potassium: 496.85mg (14.2%), Vitamin B3: 2.42mg (12.12%), Vitamin B6: 0.24mg (12.02%), Iron: 2.07mg (11.48%), Vitamin B1: 0.16mg (10.9%), Manganese: 0.21mg (10.59%), Vitamin K: 10.86µg (10.35%), Copper: 0.18mg (8.98%), Phosphorus: 88.93mg (8.89%), Fiber: 2.22g (8.86%), Vitamin B2: 0.14mg (8.09%), Vitamin A: 400.08IU (8%), Magnesium:

30.46mg (7.61%), Vitamin E: 1.09mg (7.24%), Zinc: 1.03mg (6.85%), Folate: 26.9µg (6.72%), Calcium: 58.8mg (5.88%), Vitamin B5: 0.48mg (4.77%), Vitamin B12: 0.24µg (4.02%), Vitamin D: 0.37µg (2.46%), Selenium: 0.89µg (1.27%)