

# Zuppa di Cavolo Nero, Cannellini, e Salsicce: Kale, White Bean, and Sausage Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cups .5 can cannellini beans cooked
- 2 quarts chicken stock see
- 2 garlic clove minced
- 2 ground sausage italian crumbled
- 1 bunch kale washed and chopped
- 4 tablespoons olive oil
- 2 onion chopped

6 thyme sprigs

1 cup wine

## Equipment

pot

## Directions

Sauté the crumbled sausage in the oil until browned, and reserve. Sauté the onions and garlic until translucent.

Add to the chicken stock in a big pot.

Add the wine and cook until the alcohol has evaporated, then add the thyme and kale. Bring to a boil, then cover and simmer for 15 minutes.

Add the cooked sausage and the beans and simmer another 15 minutes.

Taste

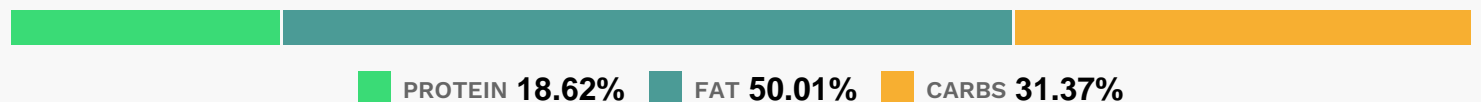
Book, using the USDA Nutrition Database

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## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:10.167391170626%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg Kaempferol: 5.19mg, Kaempferol:

5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

## **Nutrients (% of daily need)**

Calories: 234.36kcal (11.72%), Fat: 12.6g (19.38%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 14.08g (5.12%), Sugar: 3.55g (3.95%), Cholesterol: 18.92mg (6.31%), Sodium: 497.98mg (21.65%), Alcohol: 2.06g (100%), Alcohol %: 0.9% (100%), Protein: 10.56g (21.11%), Vitamin K: 45.54µg (43.37%), Vitamin A: 1111.15IU (22.22%), Vitamin B3: 3.28mg (16.41%), Vitamin C: 13.12mg (15.9%), Fiber: 3.69g (14.78%), Vitamin B2: 0.21mg (12.58%), Iron: 2.23mg (12.38%), Vitamin B1: 0.18mg (12.28%), Selenium: 8.38µg (11.97%), Vitamin B6: 0.21mg (10.4%), Phosphorus: 85.26mg (8.53%), Potassium: 296.6mg (8.47%), Calcium: 80.4mg (8.04%), Manganese: 0.15mg (7.31%), Copper: 0.12mg (5.9%), Vitamin E: 0.79mg (5.3%), Folate: 20.02µg (5%), Zinc: 0.67mg (4.45%), Magnesium: 17.26mg (4.31%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.14mg (1.42%)