

# Low-Carb Zuppa Toscana

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-italian-sausage-recipe-cauliflower>

## Ingredients:

- 1 pound Italian sausage I used mild
- 1 onion chopped
- 3 cloves garlic minced
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1 head cauliflower cut into florets
- 16 ounces chicken broth
- 1 quart water
- 1 teaspoon bouillon if desired for extra flavor
- 3 cups kale or Swiss chard, chopped
- 1 cup heavy cream

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 125 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 19 grams
8. Sodium: 840 milligrams
9. Sugar: 3 grams

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