

# Creamy Keto Italian Sausage Soup

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-italian-sausage-soup-recipe>

## Ingredients:

- 1 tablespoon butter
- 1/2 onion chopped
- 2 cloves garlic
- 4 cups bone broth chicken
- 8 ounces cream cheese
- 1 pound Italian sausage mild or hot
- 14 ounces diced tomatoes
- 1 zucchini small chopped
- 2 cups spinach chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 bay leaf
- Parmesan cheese
- 1/4 teaspoon cayenne pepper to taste

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 160 milligrams
4. Fat: 58 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 26 grams
8. Sodium: 1590 milligrams
9. Sugar: 9 grams

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