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Creamy Italian Sausage Gnocchi Soup

Yield: 4 min Total Time: 35 min

Recipe from: <u>https://www.recipeschoose.com/recipes/italian-sausage-spinach-and-gnocchi-cream-soup-recipe</u>

Ingredients:

- 1 tablespoon olive oil
- 7/8 pound Italian sausage casings removed and cut into chunks
- 1 medium onion finely diced
- 1 medium carrot diced
- 2 celery sticks diced
- 2 large garlic cloves minced
- 1 teaspoon Italian seasoning
- 1/4 teaspoon chilli flakes
- 5 1/16 tablespoons dry white wine
- 4 1/4 cups chicken stock
- 5/8 cup double cream
- 1 1/8 pounds gnocchi
- 1 handful baby spinach
- 4 3/4 tablespoons freshly grated Parmesan

Nutrition:

- 1. Calories: 900 calories
- 2. Carbohydrate: 66 grams
- 3. Cholesterol: 155 milligrams
- 4. Fat: 56 grams
- 5. Fiber: 3 grams
- 6. Protein: 30 grams
- 7. SaturatedFat: 23 grams
- 8. Sodium: 1710 milligrams
- 9. Sugar: 8 grams

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