

# Zuppa Toscana

Yield: 4 min  
Total Time: 38 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-zuppa-toscana-recipe>

## Ingredients:

- 1/2 pound italian sausage local
- 2 teaspoons garlic pressed
- 6 slices bacon local
- 1/2 onion medium, diced
- 1 teaspoon olive oil
- 4 cups chicken stock
- 1/2 cup water
- 2 small potatoes
- 3 leaves kale
- 1/4 cup cream or milk

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 90 milligrams
4. Fat: 44 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 15 grams
8. Sodium: 1140 milligrams
9. Sugar: 6 grams

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