

# Zuppa Toscana Soup

Yield: 8 min  
Total Time: 60 min

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

## Ingredients:

- 1 pound italian sausage
- 1 1/2 teaspoons red pepper flakes
- 1 white onion large, diced
- 4 slices bacon chopped
- 3 cloves garlic minced
- 8 cups chicken broth
- 2 cups water
- 1 cup heavy cream
- 3 russet potatoes large, peeled and chopped
- 3 cups kale washed and roughly chopped
- salt and pepper, to taste

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 100 milligrams
4. Fat: 40 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 17 grams
8. Sodium: 730 milligrams
9. Sugar: 1 grams

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