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## Zuppa Toscana Soup

Zuppa Toscana is a hearty Italian soup that originated in Tuscany. It is traditionally made with Italian sausage, potatoes, kale, and a rich broth. This soup is perfect for cold winter days and is often enjoyed as a main course. The combination of flavors and textures makes it a comforting and satisfying dish.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 6

**Serving Size:** 166 g

### Ingredients

400 g	italian sausage
500 g	potatoes
200 g	kale
1000 ml	chicken broth
250 ml	heavy cream

<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>0.5 tsp</b>	red pepper flakes

## Directions

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### Step 1

Stove

In a large pot, cook the Italian sausage over medium heat until browned. Remove from the pot and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

In the same pot, add the onion and garlic. Cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add the cooked sausage back to the pot. Stir in the potatoes, kale, chicken broth, salt, black pepper, and red pepper flakes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Stove

Simmer the soup for 20 minutes or until the potatoes are tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 5

Stove

Stir in the heavy cream and cook for an additional 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 6

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 30 g

**Protein:** 20 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

### Course

Breads

Soups

Sauces & Dressings

### Cultural

Chinese New Year

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

Pescatarian Diet

Anti-Inflammatory Diet

### Cooking Method

Frying

### Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Medium

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