

Keto Sausage Toscana Soup

Ingredients: hot italian sausage, olive oil, onion, garlic, chicken stock, cauliflower, spinach, red pepper flakes, Himalayan salt, pepper, whipping cream, cream cheese, water.

Nutrition Facts

Per serving (½ container):

Calories: 144

Fat: 9.2g

Total carbs: 5g

Fiber: 1.7g

Protein: 9.7g

Net Carbs: 3.3g