



Authentic Polish Pickle Soup (Zupa Orgorkowa)

READY IN



105 min.

SERVINGS



6

CALORIES



167 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots peeled sliced
- ☐ 2 stalks celery sliced
- ☐ 2 chicken leg quarters skinless
- ☐ 4 small dill pickles thinly sliced
- ☐ 1 pinch marjoram dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped

- ☐ 1 clove garlic minced
- ☐ 0.5 small head cabbage green chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 pinch ground thyme
- ☐ 1 onion sliced
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 5 cups water or as needed to cover

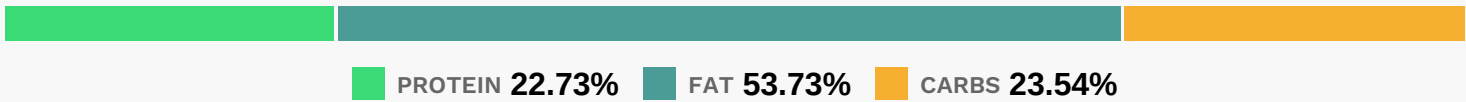
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place chicken legs in a large pot and cover with water.
- ☐ Add cabbage, carrots, celery, onion, bay leaves, parsley, garlic, thyme, marjoram, salt, and black pepper.
- ☐ Cover pot and bring to a simmer over medium heat. Cook for about 1 hour.
- ☐ Transfer 1 cup chicken and vegetable broth to a saucepan.
- ☐ Heat broth and pickles over medium-low for about 15 minutes. Return pickle broth to large pot.
- ☐ Mix flour and sour cream in a bowl. Stir into soup; bring to a boil until thickened, about 5 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.14, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:16.060869644517%

Flavonoids

Apigenin: 4.74mg, Apigenin: 4.74mg, Apigenin: 4.74mg, Apigenin: 4.74mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 166.75kcal (8.34%), Fat: 10.17g (15.64%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 6.97g (2.53%), Sugar: 4.5g (5%), Cholesterol: 52.86mg (17.62%), Sodium: 286.77mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.35%), Vitamin K: 91.77µg (87.4%), Vitamin A: 3843.69IU (76.87%), Vitamin C: 28.28mg (34.28%), Vitamin B6: 0.32mg (16.14%), Selenium: 10.22µg (14.6%), Vitamin B3: 2.79mg (13.95%), Phosphorus: 122.48mg (12.25%), Fiber: 3.05g (12.21%), Folate: 47.69µg (11.92%), Manganese: 0.23mg (11.46%), Potassium: 384.73mg (10.99%), Vitamin B2: 0.15mg (8.91%), Vitamin B1: 0.12mg (8.23%), Calcium: 81.35mg (8.13%), Vitamin B5: 0.79mg (7.89%), Magnesium: 28.95mg (7.24%), Iron: 1.19mg (6.59%), Zinc: 0.93mg (6.21%), Vitamin B12: 0.33µg (5.47%), Copper: 0.11mg (5.32%), Vitamin E: 0.45mg (3.02%)