



Bacon-and-Egg Soup

READY IN



25 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large eggs
- ☐ 2 cloves garlic smashed
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.3 cups parmesan cheese grated
- ☐ 4 tablespoons torn parsley fresh
- ☐ 4 slices rustic bread italian cut into 1/2-inch cubes
- ☐ 0.5 pound bacon thick-cut cut into 1/4-inch cubes

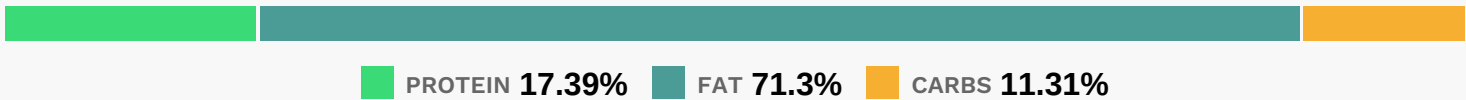
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 37
- ☐ Cook the bacon in a medium pot over medium heat until crisp, about 7 minutes.
- ☐ Transfer to a paper-towel-lined plate with a slotted spoon, then discard all but 2 tablespoons drippings from the pot. While the bacon cooks, toss the bread cubes with the olive oil on a baking sheet and season with salt and pepper.
- ☐ Bake until golden and crisp, about 8 minutes.
- ☐ Add the garlic to the bacon drippings and cook until slightly golden, 1 to 2 minutes.
- ☐ Add the broth, 1 1/2 cups water, the parmesan rind and 2 tablespoons parsley; season with salt and pepper. Cover and bring to a boil, then reduce to a simmer and cook 10 minutes.
- ☐ Adjust the heat so the broth is barely boiling. One at a time, crack each egg into a small bowl and gently slip into the broth. Poach until just set, about 2 minutes.
- ☐ Transfer the eggs with a slotted spoon to individual soup bowls. Stir 1 cup parmesan and the remaining 2 tablespoons parsley into the broth and season with salt and pepper. Ladle the broth into the bowls and top with the croutons, bacon and the remaining 1/4 cup parmesan.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:19.374782717746%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 644.97kcal (32.25%), Fat: 51.17g (78.72%), Saturated Fat: 19.08g (119.23%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 17.41g (6.33%), Sugar: 6.67g (7.41%), Cholesterol: 250.61mg (83.54%), Sodium: 1316.95mg (57.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.16%), Vitamin K: 70.52µg (67.16%), Selenium: 37.9µg (54.15%), Phosphorus: 443.89mg (44.39%), Calcium: 322.59mg (32.26%), Vitamin B3: 5.73mg (28.65%), Vitamin B2: 0.46mg (26.99%), Vitamin B12: 1.33µg (22.12%), Zinc: 2.94mg (19.63%), Vitamin A: 898.39IU (17.97%), Vitamin B6: 0.3mg (15.05%), Vitamin B1: 0.22mg (14.62%), Potassium: 462.67mg (13.22%), Vitamin E: 1.97mg (13.12%), Iron: 2.35mg (13.08%), Vitamin B5: 1.21mg (12.08%), Folate: 44.1µg (11.02%), Vitamin D: 1.38µg (9.22%), Copper: 0.17mg (8.66%), Magnesium: 31.29mg (7.82%), Vitamin C: 5.79mg (7.02%), Manganese: 0.08mg (3.94%), Fiber: 0.86g (3.45%)