




 **16%**  
HEALTH SCORE

# Bacon & Potato Soup, Gluten & Dairy Free

 Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**603 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 Tbsp olive oil
- 1 cup bacon lean chopped
- 2 onion diced yellow
- 4 garlic clove minced
- 7 cups chicken stock see
- 2.3 cups baking mix diced red
- 2.3 cups baking mix diced red
- 3 cups savoy cabbage shredded

- 1 tsp worcestershire sauce
- 1 tsp dijon mustard
- 3 Tbsp flat parsley finely chopped
- 1 serving frangelico with a tablespoon of lemon
- 6 servings frangelico with a tablespoon of lemon

## Equipment

- bowl
- ladle
- pot
- blender

## Directions

- In a large stock pot, heat the olive oil over medium-high heat.
- Add the chopped bacon and onions, cooking until the bacon is crisp and the onions are translucent.
- Add garlic and cook for one more minute, until fragrant.
- Add the chicken or vegetable stock, potatoes, cabbage, Worcestershire sauce and mustard.
- Mix well and season with salt and pepper. Bring soup to a boil, then reduce heat and simmer for 30 minutes, or until potatoes are tender but not disintegrating.
- Remove the pot from heat and allow it to cool for 5 minutes.
- Transfer 2 1/2 cups of the soup to a blender and pulse quickly to achieve a coarse puree.
- Pour blended portion back into the stock pot and return to heat. Cook, stirring often, for 5-10 minutes or until heated through.
- Stir in parsley and ladle into serving bowls.
- Serve with a wedge of lemon and gluten free garlic croutons.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:22.438260869565%

## Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Taste

Sweetness: 41.89%, Saltiness: 93.44%, Sourness: 17.06%, Bitterness: 25.07%, Savoriness: 63%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 602.84kcal (30.14%), Fat: 23.59g (36.29%), Saturated Fat: 5.85g (36.55%), Carbohydrates: 73.43g (24.48%), Net Carbohydrates: 69.69g (25.34%), Sugar: 17.41g (19.34%), Cholesterol: 10.2mg (3.4%), Sodium: 2372.36mg (103.15%), Protein: 23.7g (47.4%), Phosphorus: 633.1mg (63.31%), Vitamin K: 64.66µg (61.58%), Vitamin B1: 0.66mg (44.32%), Vitamin B3: 8.71mg (43.55%), Folate: 164.55µg (41.14%), Vitamin B2: 0.66mg (38.68%), Manganese: 0.46mg (22.81%), Vitamin C: 17.68mg (21.43%), Selenium: 13.98µg (19.98%), Calcium: 198.07mg (19.81%), Iron: 3.54mg (19.68%), Vitamin B6: 0.38mg (18.84%), Potassium: 602.58mg (17.22%), Copper: 0.34mg (16.86%), Fiber: 3.74g (14.96%), Magnesium: 49.15mg (12.29%), Vitamin A: 524.35IU (10.49%), Vitamin B5: 0.93mg (9.28%), Zinc: 1.14mg (7.6%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.35µg (5.85%)