



Boiled bacon with cabbage & carrots

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



1127 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 kg bacon smoked
- ☐ 1 cloves with 6 cloves peeled
- ☐ 1 large bunch herbs like: thym
- ☐ 1 bunch carrots trimmed scrubbed (12 in total)
- ☐ 2 pointed cabbage trimmed cut into 6 wedges
- ☐ 150 ml bacon
- ☐ 142 ml double cream
- ☐ 3 tbsp dijon mustard english

☐ 1 handful curly-leaf parsley fresh chopped

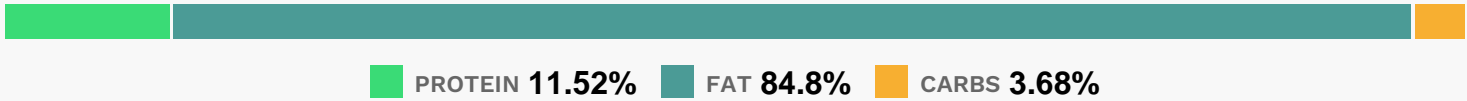
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Place the bacon in a stockpot with the onion and herbs, then cover with water. Bring to a simmer, then cook for 45 mins, topping up with water if needed.
- ☐ Add the carrots, then continue to cook for 15 mins. Ladle 150ml stock into a smaller saucepan; set aside.
- ☐ Add the cabbage wedges to the stockpot, then continue to cook everything for another 10-15 mins until the cabbage is tender, but not overcooked.
- ☐ While everything is having its final cooking, make the sauce.
- ☐ Pour the cream into the 150ml stock and bring to the boil. Simmer for a few mins, then whisk in the mustard and parsley. Season with salt and pepper to taste.
- ☐ Remove the meat from the stock, then carve into thick slices.
- ☐ Serve on a platter with the cabbage and carrots, and moisten with a trickle of stock.
- ☐ Serve the sauce in a jug and some boiled and buttered new potatoes on the side.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:23.145217543063%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin:

0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1127.27kcal (56.36%), Fat: 105.57g (162.41%), Saturated Fat: 37.68g (235.51%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 8.64g (3.14%), Sugar: 4.37g (4.85%), Cholesterol: 186.4mg (62.13%), Sodium: 2283.44mg (99.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.56%), Vitamin A: 10033.09IU (200.66%), Selenium: 49.36µg (70.51%), Vitamin B3: 10.31mg (51.57%), Vitamin B1: 0.71mg (47.36%), Phosphorus: 382.89mg (38.29%), Vitamin B6: 0.73mg (36.62%), Vitamin K: 24.76µg (23.58%), Vitamin B12: 1.25µg (20.77%), Zinc: 3.06mg (20.43%), Potassium: 691.24mg (19.75%), Vitamin B2: 0.28mg (16.19%), Vitamin B5: 1.56mg (15.63%), Vitamin E: 1.65mg (11.01%), Magnesium: 38.79mg (9.7%), Vitamin D: 1.35µg (8.98%), Manganese: 0.14mg (7.24%), Iron: 1.27mg (7.08%), Copper: 0.14mg (6.8%), Fiber: 1.65g (6.6%), Vitamin C: 4.75mg (5.76%), Calcium: 50.14mg (5.01%), Folate: 13.84µg (3.46%)