



Bratwurst, Potato and Cabbage Soup

READY IN



45 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces bratwurst
- ☐ 1 medium head cabbage chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 cups milk divided
- ☐ 1 onion chopped
- ☐ 2 potatoes cubed peeled
- ☐ 4 ounces swiss cheese diced
- ☐ 2 cups water

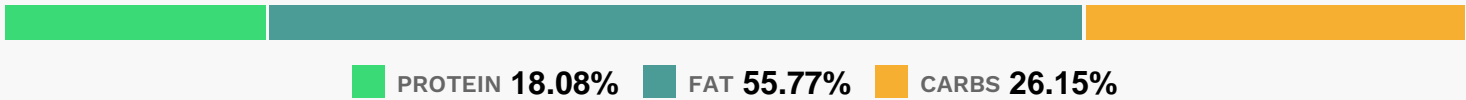
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet over medium high heat, saute the sausage for 10 minutes, or until browned and crumbled.
- ☐ Drain well and discard the fat.
- ☐ In a large pot over high heat, combine the browned sausage, potatoes, onion and water. Bring to a boil, reduce heat to low and simmer for 20 minutes.
- ☐ Add the cabbage, return to a boil, reduce heat and simmer for another 20 minutes.
- ☐ Add 2 1/2 cups of the milk and heat slowly to just under a boil. (Note: Don't try to do this too fast, or the milk will burn on the bottom of the pot.)
- ☐ In a separate small bowl, mix the flour with the remaining milk, and add to the pot slowly, stirring constantly, so that the flour does not clump. (Note: Make sure you get out all the lumps because they will not cook out on their own.)
- ☐ When the mixture in the pot thickens, add the cheese and stir off and on until the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:40.34, Glycemic Load:12.43, Inflammation Score:-6, Nutrition Score:23.579565286636%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 384.53kcal (19.23%), Fat: 24.08g (37.05%), Saturated Fat: 10.01g (62.59%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 21.09g (7.67%), Sugar: 9.04g (10.04%), Cholesterol: 66.12mg (22.04%), Sodium: 567.86mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.13%), Vitamin K: 89.74µg (85.46%), Vitamin C: 53.05mg (64.3%), Selenium: 30.04µg (42.91%), Phosphorus: 358.6mg (35.86%), Calcium: 311.72mg (31.17%), Vitamin B1: 0.45mg (30.22%), Vitamin B6: 0.57mg (28.34%), Vitamin B2: 0.42mg (24.9%), Potassium: 784.84mg (22.42%), Vitamin B12: 1.34µg (22.27%), Zinc: 3.24mg (21.63%), Vitamin B3: 3.84mg (19.17%), Fiber: 4.32g (17.27%), Folate: 68.06µg (17.02%), Manganese: 0.31mg (15.61%), Magnesium: 56.02mg (14%), Vitamin B5: 1.21mg (12.07%), Vitamin D: 1.63µg (10.87%), Copper: 0.16mg (8.22%), Iron: 1.43mg (7.93%), Vitamin A: 381.85IU (7.64%), Vitamin E: 0.46mg (3.05%)