



Bread Soup for Lent: Panada

READY IN



40 min.

SERVINGS



4

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 cup bread crumbs
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 3.5 pounds chicken wings
- ☐ 4 eggs
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 onions coarsely chopped
- ☐ 0.3 cup parmigiano-reggiano grated

- ☐ 1 bunch parsley stems
- ☐ 1 cup peas fresh sweet
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons tomato paste

Equipment

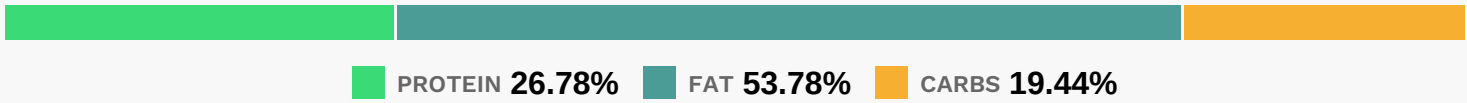
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Bring 3 quarts of water to a boil and add 1 tablespoon salt. Set up an ice bath nearby. Blanch the peas in the water for 2 minutes, then remove with a slotted spoon, and immediately refresh in the ice bath.
- ☐ Drain and set aside.
- ☐ In a soup pot, bring to chicken stock to a simmer. In a separate pot, combine the blanched peas, breadcrumbs, eggs, cheese, and salt and pepper, to taste, and stir well. Stir in a ladle of the chicken stock and cook over low heat, stirring constantly and gradually adding the warm stock, a ladle at a time, to keep the eggs from coagulating. Adjust the seasoning and serve.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.
- ☐ Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.

Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:71.54, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:42.087826355644%

Flavonoids

Apigenin: 31.85mg, Apigenin: 31.85mg, Apigenin: 31.85mg, Apigenin: 31.85mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg

Nutrients (% of daily need)

Calories: 825.43kcal (41.27%), Fat: 49.07g (75.49%), Saturated Fat: 13.44g (83.98%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 32.33g (11.75%), Sugar: 10.09g (11.21%), Cholesterol: 332.96mg (110.99%), Sodium: 849.89mg (36.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.97g (109.94%), Vitamin K: 271.91µg (258.96%), Vitamin A: 10038.57IU (200.77%), Vitamin B3: 16.4mg (82.01%), Selenium: 56.63µg (80.9%), Vitamin B6: 1.12mg (56.03%), Phosphorus: 557.52mg (55.75%), Vitamin C: 44.71mg (54.2%), Manganese: 0.99mg (49.64%), Vitamin B2: 0.66mg (38.94%), Vitamin B1: 0.56mg (37.61%), Iron: 6.43mg (35.74%), Folate: 138.73µg (34.68%), Zinc: 4.92mg (32.8%), Potassium: 1066.28mg (30.47%), Fiber: 7.57g (30.27%), Vitamin B5: 2.93mg (29.26%), Calcium: 260.39mg (26.04%), Magnesium: 100.34mg (25.08%), Vitamin B12: 1.25µg (20.78%), Vitamin E: 3.09mg (20.62%), Copper: 0.39mg (19.7%), Vitamin D: 1.13µg (7.5%)