



Cabbage Patch Soup

READY IN



50 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons bacon bits
- ☐ 1 bay leaves
- ☐ 2 cups cabbage shredded
- ☐ 1 cup carrots sliced
- ☐ 43.5 ounce chicken broth canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 1 cup peas green frozen
- ☐ 1 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour

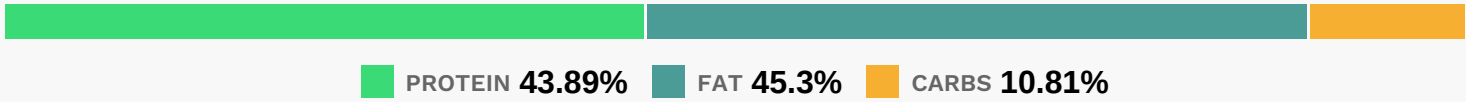
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Saute the bacon bits and onion in the oil for about 5 minutes, or until onion is tender. Stir in the flour to coat well, then quickly pour in the chicken broth. Stir constantly for 3 minutes, or until somewhat thickened.
- ☐ Next, add the cabbage, carrots, salt, ground black pepper and bay leaf. Reduce heat to low and simmer for 20 minutes. Stir in the peas and sour cream 1 minute before serving. Allow to heat through and remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:44.86, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:22.444782708002%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 520.75kcal (26.04%), Fat: 25.67g (39.49%), Saturated Fat: 8.04g (50.22%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 10.5g (3.82%), Sugar: 4.89g (5.43%), Cholesterol: 119.73mg (39.91%), Sodium: 1470.07mg (63.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.97g (111.94%), Vitamin A: 4316.45IU (86.33%), Selenium: 40.19µg (57.41%), Phosphorus: 390.36mg (39.04%), Zinc: 5.73mg (38.23%), Vitamin B12: 2.16µg (35.96%), Vitamin K: 33.32µg (31.73%), Vitamin B3: 5.88mg (29.41%), Vitamin B6: 0.53mg (26.37%), Vitamin C: 21.16mg

(25.64%), Vitamin B2: 0.32mg (18.9%), Iron: 3.37mg (18.75%), Potassium: 551.78mg (15.77%), Magnesium: 60.87mg (15.22%), Fiber: 3.29g (13.14%), Folate: 45.89µg (11.47%), Manganese: 0.22mg (10.76%), Vitamin E: 1.56mg (10.38%), Copper: 0.19mg (9.69%), Vitamin B1: 0.14mg (9.18%), Calcium: 88.94mg (8.89%), Vitamin B5: 0.26mg (2.59%), Vitamin D: 0.21µg (1.37%)