



Calcium Soup – Beef Bones



Dairy Free



Very Healthy

READY IN



270 min.

SERVINGS



8

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 cups barley
- ☐ 3 pounds beef soup bones organic (yes, we have beef bones in the freezer)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 bay leaves dried
- ☐ 10 garlic cloves crushed unpeeled
- ☐ 3 cups kale loosely packed stemmed chopped
- ☐ 3 sheets nori seaweed or any other seaweed crumbled

- ☐ 2 mushrooms such as shiitakes dried
- ☐ 0.3 cup soya sauce
- ☐ 3.5 quarts water
- ☐ 1 onion yellow unpeeled quartered

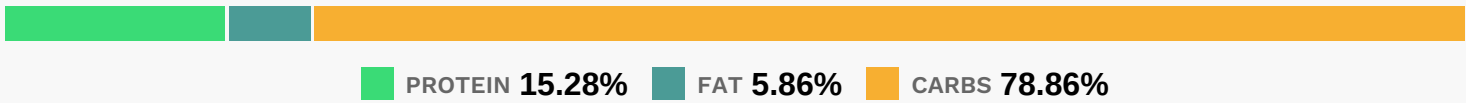
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a medium bowl, soak the barley in 8 cups of water for 8 hours or overnight.
- ☐ Drain and discard water.In a large, heavy, non-aluminum soup pot on high heat bring water, beef bones,onion, garlic, bay leaf and vinegar to a boil. Skim foam from the stock the first few minutes, then reduce heat to simmer and cook for 2 hours, uncovered.Strain stock and discard or save the stock ingredients. Rinse and wipe pot clean and return stock to it and place back on low heat to simmer. It is best to keep the fat floating on the top of the stock as calcium must be eaten with fat to be absorbed.
- ☐ Add barley and mushrooms into the simmering stock and cook about 1 ½ hours, covered.
- ☐ Add the kale, nori seaweed, soy sauce and pepper and simmer 15 min more.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:10.08, Inflammation Score:-9, Nutrition Score:14.413043461416%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 184.37kcal (9.22%), Fat: 1.24g (1.91%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 28.73g (10.45%), Sugar: 1.29g (1.44%), Cholesterol: 0mg (0%), Sodium: 437.74mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.53%), Manganese: 1.11mg (55.43%), Fiber: 8.76g (35.06%), Vitamin K: 31.98µg (30.46%), Selenium: 18.29µg (26.13%), Vitamin B1: 0.33mg (21.71%), Magnesium: 74.36mg (18.59%), Vitamin A: 850.05IU (17%), Copper: 0.33mg (16.75%), Phosphorus: 150.13mg (15.01%), Vitamin B3: 2.69mg (13.45%), Vitamin B6: 0.25mg (12.39%), Vitamin C: 9.93mg (12.04%), Iron: 2.11mg (11.73%), Vitamin B2: 0.19mg (11.14%), Zinc: 1.5mg (9.97%), Potassium: 306.33mg (8.75%), Calcium: 60.76mg (6.08%), Folate: 19.59µg (4.9%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.33mg (2.2%)