



## Chestnut, Pancetta & Cabbage Soup



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



281 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 20 honey raw
- ☐ 3 clove garlic minced peeled
- ☐ 2 tablespoon olive oil extra-virgin plus more for drizzling
- ☐ 1 large onion cut in ¼" dice
- ☐ 7 ounce pancetta sliced thin
- ☐ 1 cup red wine
- ☐ 2 teaspoon rosemary leaves
- ☐ 1 tablespoon salt

- ☐ 6 servings salt & pepper black freshly ground to taste
- ☐ 6 cup water

## Equipment

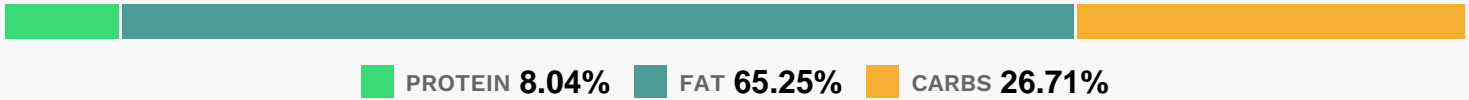
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ tongs
- ☐ immersion blender

## Directions

- ☐ Find the flat side of each chestnut and cut a large X with a sharp paring knife all the way through the skin. Be very careful, it's easy to slip on the surface of the chestnut. I wear a silicon glove.
- ☐ Place chestnuts on a shallow baking pan and place in the oven to roast for about 30 to 40 minutes, depending on size of nuts. Shake pan several times to rotate chestnuts so they will cook evenly. Peel roasted chestnuts as soon as they are cool enough to handle. Once they cool completely, they are difficult to peel. Roughly chop the peeled nuts. Set aside. Bring 6 cups of water to a boil in a large stock pot.
- ☐ Add 1 tablespoon salt.
- ☐ Add the chopped cabbage and cook about 15 minutes. Turn the heat off and cover the pot to keep warm. Warm the olive oil in a very large skillet set over medium heat.
- ☐ Add the pancetta, and cook stirring often, until it just begins to brown, about 5 minutes.
- ☐ Add the onion and garlic. Cook, stirring often about 3 more minutes, until the onion softens.
- ☐ Add the rosemary and garlic, cooking another 2 or 3 minutes. Using tongs move about half of the cabbage to the skillet with the onion mixture.
- ☐ Add the wine to the skillet and cook, stirring often, until most of the liquid is evaporated. Turn off the heat and set aside. Using an immersion blender puree the remaining cabbage and its cooking liquid in the stock pot.

- ☐
- Add the reserved onion mixture, stirring to incorporate. Taste and season with salt and pepper. Using the immersion blender, blend the soup just a little bit to get a variable texture. It can be as rough or smooth as you prefer.
- ☐
- Add half the reserved chestnuts and bring the soup to a boil, then lower the heat to a simmer.
- ☐
- Serve the soup hot with an garnish of remaining chestnuts and a drizzle of olive oil.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:7.51, Inflammation Score:-4, Nutrition Score:6.0365216965261%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 280.65kcal (14.03%), Fat: 18.18g (27.98%), Saturated Fat: 5.12g (32.02%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 16.26g (5.91%), Sugar: 1.32g (1.47%), Cholesterol: 21.83mg (7.28%), Sodium: 1397.07mg (60.74%), Alcohol: 4.24g (100%), Alcohol %: 1.44% (100%), Protein: 5.04g (10.08%), Vitamin C: 13.59mg (16.48%), Vitamin B6: 0.26mg (12.94%), Manganese: 0.22mg (11.21%), Selenium: 7.08µg (10.11%), Vitamin B1: 0.15mg (9.89%), Copper: 0.19mg (9.49%), Vitamin B3: 1.77mg (8.85%), Potassium: 296.26mg (8.46%), Phosphorus: 77.19mg (7.72%), Magnesium: 22.68mg (5.67%), Vitamin E: 0.82mg (5.48%), Folate: 21.55µg (5.39%), Zinc: 0.67mg (4.48%), Iron: 0.72mg (3.98%), Vitamin B5: 0.37mg (3.7%), Vitamin K: 3.26µg (3.1%), Vitamin B2: 0.05mg (3.08%), Vitamin B12: 0.17µg (2.76%), Calcium: 27.37mg (2.74%), Fiber: 0.5g (1.98%)