

Chilled Kale and Potato Soup

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



2

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon
- 1.5 cups beef broth
- 1 clove garlic sliced
- 1 pinch ground allspice to taste
- 1 pinch ground cinnamon to taste
- 1 pinch ground nutmeg to taste
- 2 servings salt and ground pepper black to taste
- 6 leaves kale finely chopped

- 0.5 onion finely chopped
- 1 chile pepper fresh red seeded chopped
- 1 large potatoes diced red peeled
- 2 sage leaves dried crushed
- 1 cup water as needed

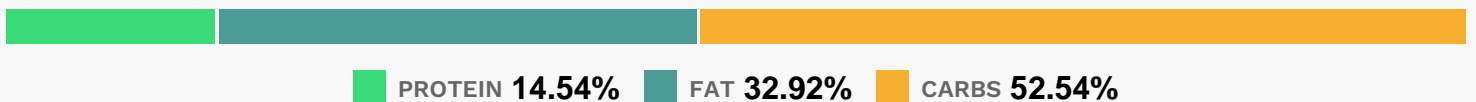
Equipment

- frying pan
- paper towels
- sauce pan
- dutch oven

Directions

- Combine beef broth, water, potato, garlic, onion, and red chile pepper in a dutch oven or large saucepan and bring to a boil over medium-high heat. Stir in the kale, and season with nutmeg, cinnamon, allspice, salt, and pepper. Reduce heat to medium and simmer for 20 minutes, until potato is tender, adding more water if necessary.
- Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until slightly browned, but still tender, about 5 minutes.
- Drain the bacon slices on a paper towel-lined plate. Chop bacon, and stir into the soup until just incorporated. Simmer no more than 3 minutes.
- Serve chilled for at least 2 hours, topped with crushed sage leaves. Soup can also be served hot.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:25.622608767903%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg Kaempferol: 15.63mg, Kaempferol: 15.63mg, Kaempferol: 15.63mg, Kaempferol: 15.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.26mg, Quercetin: 14.26mg, Quercetin: 14.26mg, Quercetin: 14.26mg

Nutrients (% of daily need)

Calories: 270.72kcal (13.54%), Fat: 10.21g (15.71%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 31.13g (11.32%), Sugar: 5.16g (5.74%), Cholesterol: 14.52mg (4.84%), Sodium: 875.42mg (38.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin K: 137.53µg (130.98%), Vitamin C: 81.58mg (98.89%), Vitamin A: 3534.53IU (70.69%), Potassium: 1218.42mg (34.81%), Manganese: 0.65mg (32.62%), Vitamin B6: 0.61mg (30.28%), Vitamin B3: 5.13mg (25.66%), Copper: 0.47mg (23.37%), Fiber: 5.53g (22.13%), Phosphorus: 207.13mg (20.71%), Vitamin B1: 0.28mg (19%), Magnesium: 68.55mg (17.14%), Folate: 68.15µg (17.04%), Vitamin B2: 0.26mg (15.08%), Iron: 2.63mg (14.62%), Calcium: 133.2mg (13.32%), Selenium: 7.38µg (10.55%), Vitamin B5: 0.79mg (7.93%), Zinc: 1.15mg (7.65%), Vitamin B12: 0.24µg (3.93%), Vitamin E: 0.5mg (3.31%)