



Chunky sweetcorn, haddock & potato soup

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g butter
- ☐ 1 onion chopped
- ☐ 8 bacon smoked chopped
- ☐ 3 medium potatoes diced
- ☐ 1 l vegetable stock
- ☐ 2 ears corn sliced
- ☐ 500 g haddock smoked skinless cut into bite-sized pieces
- ☐ 5 tbsp double cream

☐

1 small bunch parsley chopped

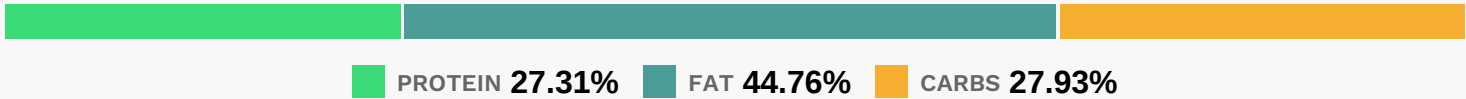
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Melt the butter in a large saucepan. Fry the onion and bacon for 5 mins until soft.
- ☐ Add the potatoes to the pan and cook for a further 2 mins, then pour in the stock and simmer for 8 mins or until the potatoes are just tender.
- ☐ Add the corn kernels and smoked haddock. Cook for another 3 mins then add the double cream and some black pepper. Taste before you add any salt, then stir through the chopped parsley. Ladle into bowls and serve with crusty bread if you like.

Nutrition Facts



Properties

Glycemic Index:59.44, Glycemic Load:22.57, Inflammation Score:-9, Nutrition Score:34.489565227343%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 627.3kcal (31.36%), Fat: 31.39g (48.3%), Saturated Fat: 13.81g (86.31%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 38.72g (14.08%), Sugar: 8.01g (8.9%), Cholesterol: 159.91mg (53.31%), Sodium: 2308.98mg (100.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.2%), Vitamin K: 238.14µg (226.8%), Selenium: 63.99µg (91.42%), Vitamin C: 55.63mg (67.43%), Vitamin B6: 1.18mg (59.14%), Vitamin B3: 10.82mg

(54.12%), Phosphorus: 536.83mg (53.68%), Vitamin A: 2365.33IU (47.31%), Potassium: 1538.32mg (43.95%), Vitamin B12: 2.26µg (37.68%), Magnesium: 137.49mg (34.37%), Vitamin B1: 0.41mg (27.11%), Iron: 4.37mg (24.29%), Folate: 91.03µg (22.76%), Fiber: 5.35g (21.41%), Manganese: 0.42mg (20.93%), Copper: 0.3mg (15.09%), Vitamin B5: 1.4mg (13.98%), Zinc: 2.06mg (13.76%), Vitamin B2: 0.23mg (13.62%), Calcium: 123.39mg (12.34%), Vitamin D: 1.48µg (9.84%), Vitamin E: 1.35mg (9.03%)