



Cooking Over an Open Fire: English Bacon, Leek and Potato Soup

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon english-style chopped (available here)
- ☐ 2 tablespoons butter grass-fed (available here)
- ☐ 3 carrots peeled chopped
- ☐ 2 tablespoons chives chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 medium leeks white sliced thin
- ☐ 4 medium potatoes peeled chopped

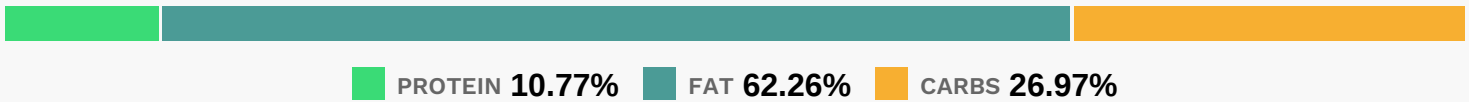
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

☐ Melt the butter in a heavy stock pot over medium. When it foams and froths, toss in the sliced leeks and fry them in the butter until they soften and become translucent. Stir in the thyme and bacon, and continue cooking the bacon until it renders its fat and is cooked through – about 6 minutes. Dump the carrots and potatoes into the pot, stir in the broth and simmer, covered, until the vegetables become tender in the heat of the soup – about 40 minutes. Ladle the soup into bowls, top with chopped chives and serve.

Nutrition Facts



Properties

Glycemic Index:50.43, Glycemic Load:20.37, Inflammation Score:-10, Nutrition Score:20.063043449236%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 490.13kcal (24.51%), Fat: 34.11g (52.47%), Saturated Fat: 12.52g (78.22%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 28.54g (10.38%), Sugar: 3.73g (4.15%), Cholesterol: 59.93mg (19.98%), Sodium: 566.1mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.55%), Vitamin A: 5836.26IU (116.73%), Vitamin C: 35.78mg (43.37%), Vitamin B6: 0.74mg (36.84%), Potassium: 909.69mg (25.99%), Vitamin B3: 4.99mg (24.93%), Vitamin B1: 0.36mg (24.12%), Selenium: 16µg (22.86%), Vitamin K: 23.12µg (22.02%), Manganese: 0.44mg (21.78%), Phosphorus: 213.8mg (21.38%), Fiber: 4.7g (18.8%), Magnesium: 56.08mg (14.02%), Iron: 2.35mg (13.07%), Folate: 49.22µg (12.3%), Copper: 0.24mg (12.12%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.44mg (9.62%), Vitamin B2: 0.14mg (8.32%), Vitamin B12: 0.39µg (6.43%), Vitamin E: 0.92mg (6.16%), Calcium: 55.15mg (5.52%), Vitamin D:

0.3µg (2.02%)