



## Country Potato-and-Cabbage Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 3.5 inch thick of country bread cut into cubes
- 6 cups chicken stock see
- 2 tablespoons chives snipped
- 0.5 cup cooking wine dry white
- 2 garlic smashed
- 1 pound cabbage shredded green finely
- 1 leek white green thinly sliced

- 3 tablespoons olive oil extra-virgin
- 1 onion thinly sliced
- 2 tablespoons parsley minced
- 6 parsley sprigs
- 1 pound potatoes red thinly sliced
- 4 servings salt and pepper freshly ground
- 4 ounces bacon diced thick-cut
- 6 thyme sprigs

## Equipment

- bowl
- frying pan
- ladle
- pot

## Directions

- In a soup pot, heat 1 tablespoon of the oil.
- Add the bacon and cook over moderately high heat until crisp, 5 minutes.
- Add the onion and leek and cook over low heat until softened, 10 minutes.
- Add the wine and simmer until nearly evaporated, 5 minutes.
- Tie the parsley sprigs, thyme sprigs and bay leaf with string; add to the pot along with the potatoes and stock. Bring to a boil, then simmer until the potatoes are tender, 10 minutes.
- Add the cabbage, season with salt and pepper and simmer until the cabbage is tender, 10 to 15 minutes longer. Discard the herb bundle. Stir in the chives.
- Meanwhile, in a medium skillet, heat the remaining 2 tablespoons of oil.
- Add the bread and garlic and cook over moderate heat, stirring, until the croutons are golden brown, 6 minutes; discard the garlic. Season with salt and sprinkle with the parsley.
- Ladle the soup into deep bowls.
- Sprinkle with the croutons and serve.

# Nutrition Facts

PROTEIN 14.12% FAT 48.38% CARBS 37.5%

## Properties

Glycemic Index:90.17, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:26.599999883901%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

## Nutrients (% of daily need)

Calories: 509.17kcal (25.46%), Fat: 26.61g (40.94%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 40.29g (14.65%), Sugar: 13.3g (14.78%), Cholesterol: 29.51mg (9.84%), Sodium: 957.26mg (41.62%), Alcohol: 3.09g (100%), Alcohol %: 0.55% (100%), Protein: 17.47g (34.95%), Vitamin K: 167.93µg (159.93%), Vitamin C: 65.09mg (78.9%), Vitamin B3: 8.77mg (43.84%), Vitamin B6: 0.76mg (38.01%), Potassium: 1286.76mg (36.76%), Manganese: 0.61mg (30.66%), Folate: 116.49µg (29.12%), Vitamin B1: 0.41mg (27.32%), Phosphorus: 267.52mg (26.75%), Vitamin B2: 0.45mg (26.33%), Fiber: 6.12g (24.48%), Selenium: 15.79µg (22.55%), Copper: 0.44mg (22.12%), Iron: 3.52mg (19.55%), Vitamin A: 944.94IU (18.9%), Magnesium: 74.44mg (18.61%), Vitamin E: 2.17mg (14.46%), Zinc: 1.64mg (10.94%), Calcium: 109.28mg (10.93%), Vitamin B5: 0.84mg (8.45%), Vitamin B12: 0.14µg (2.36%)