



Creamy Cabbage and Double Smoked Bacon Soup



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound double bacon smoked cut into 1 inch pieces
- ☐ 1 bay leaf
- ☐ 0.5 small head cabbage thinly sliced
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 4 cups chicken stock see

- ☐ 1 handful parsley chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup heavy cream
- ☐ 0.5 pound sausage italian
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste

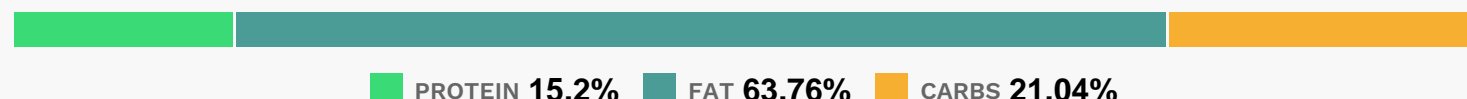
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large sauce pan over medium-high heat add the sausage and cook until cooked, about 7-10 minutes, breaking it up as you go and set it aside.
- ☐ Add the bacon to the same pan and cook until the fat renders, about 7-10 minutes and set it aside reserving 1 tablespoon of grease in the pan.
- ☐ Add the onion, carrot and celery and saute until tender, about 10-15 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute. Puree half of the beans in a food processor with some of the chicken stock.
- ☐ Add the chicken stock, sausage, bacon, beans, pureed beans, cabbage, oregano and bay leaf and bring to a boil, reduce the heat and simmer until the cabbage is tender, about 10-15 minutes. Season with salt and pepper, mix in the cream and parsley and remove from heat.
- ☐ Serve garnished with grainy mustard.

Nutrition Facts



Properties

Glycemic Index:68.96, Glycemic Load:8.58, Inflammation Score:-10, Nutrition Score:33.296522036843%

Flavonoids

Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 702.04kcal (35.1%), Fat: 50.2g (77.23%), Saturated Fat: 18.02g (112.6%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 28.01g (10.19%), Sugar: 7.53g (8.37%), Cholesterol: 102.02mg (34.01%), Sodium: 1920.02mg (83.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.84%), Vitamin A: 5611.91IU (112.24%), Vitamin K: 103.03µg (98.12%), Manganese: 0.99mg (49.58%), Vitamin C: 40.16mg (48.68%), Vitamin B1: 0.73mg (48.61%), Selenium: 29.3µg (41.86%), Fiber: 9.26g (37.04%), Folate: 133.63µg (33.41%), Potassium: 1154.33mg (32.98%), Phosphorus: 327.23mg (32.72%), Vitamin B6: 0.63mg (31.58%), Iron: 5.17mg (28.73%), Vitamin B3: 5.42mg (27.1%), Vitamin B2: 0.42mg (24.98%), Magnesium: 93.93mg (23.48%), Zinc: 3.42mg (22.83%), Copper: 0.41mg (20.53%), Calcium: 182.4mg (18.24%), Vitamin E: 2.31mg (15.42%), Vitamin B12: 0.87µg (14.5%), Vitamin B5: 1.23mg (12.33%), Vitamin D: 0.46µg (3.1%)