



Ham and Mushroom Sauerkraut Soup



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barley
- ☐ 2 bay leaves
- ☐ 4 cups chicken stock see
- ☐ 8 ounce cremini mushrooms diced ()
- ☐ 2 cloves garlic chopped ()
- ☐ 2 cups ham chopped (in a food processor)
- ☐ 1 tablespoon oil
- ☐ 1 large onion diced ()

- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups sauerkraut with liquid)

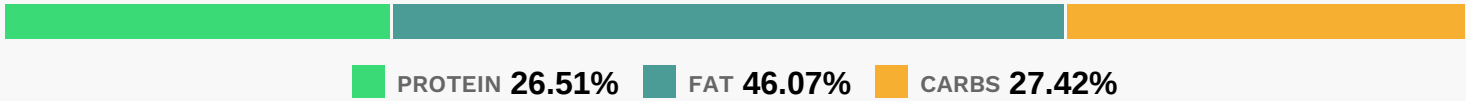
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the mushrooms and saute until all of the moisture has evaporated.
- ☐ Add the ham, sauerkraut, broth, barley, bay leaves, salt and pepper and bring to a boil.
- ☐ Reduce the heat and simmer until the barley is tender, about 30–45 minutes.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:4.33, Inflammation Score:-5, Nutrition Score:20.011739554613%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 312.78kcal (15.64%), Fat: 16.29g (25.06%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 16.08g (5.85%), Sugar: 4.98g (5.53%), Cholesterol: 48.1mg (16.03%), Sodium: 2372.86mg (103.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Selenium: 38.18µg (54.54%), Vitamin B1: 0.66mg (43.88%), Vitamin B2: 0.64mg (37.79%), Manganese: 0.68mg (34.08%), Vitamin B3: 6.65mg (33.27%), Phosphorus: 295.15mg (29.51%), Copper: 0.54mg (27.04%), Vitamin B6: 0.53mg (26.69%), Fiber: 5.73g (22.94%), Potassium: 747.59mg (21.36%), Zinc: 3.06mg (20.37%), Vitamin C: 13.7mg (16.61%), Iron: 2.72mg (15.13%),

Magnesium: 54.57mg (13.64%), Vitamin B5: 1.36mg (13.56%), Vitamin K: 12.24µg (11.66%), Folate: 43.49µg (10.87%),
Vitamin B12: 0.55µg (9.19%), Vitamin E: 1.16mg (7.73%), Calcium: 62.74mg (6.27%), Vitamin D: 0.55µg (3.64%)