



Ham and Vegetable Soup

 Gluten Free  Dairy Free

READY IN



52 min.

SERVINGS



20

CALORIES



160 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 slices bacon
- ☐ 20 servings garnishes: drizzled balsamic vinegar grated
- ☐ 4 cups cabbage coarsely chopped
- ☐ 16 ounce precut carrot chips ()
- ☐ 1.5 cups celery stalks thinly sliced
- ☐ 3 cups ham diced cooked
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 6 garlic cloves minced

- ☐ 2 large leeks with 2 inches of green top, cut in half lengthwise and thinly sliced (5 cups)
- ☐ 20 servings parsley fresh italian chopped
- ☐ 4 cups parsnips cubed
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 10 cup vegetable broth

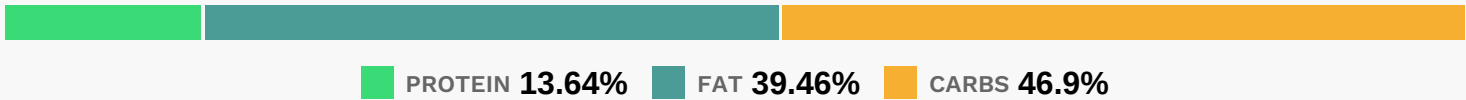
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Cook bacon in a large Dutch oven over medium heat until crisp; crumble and set aside, reserving drippings (about 2 tablespoons) in pan.
- ☐ Add leeks and celery to pan with drippings; cook, stirring occasionally, over medium-high heat 6 minutes or until tender.
- ☐ Add garlic and rosemary; cook 1 minute.
- ☐ Add carrot and next 5 ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 25 minutes or until vegetables are tender. Discard ham bone. Ladle into individual soup bowls; sprinkle with reserved crumbled bacon and parsley.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:8.31, Inflammation Score:-6, Nutrition Score:11.766086978757%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.85mg, Apigenin: 8.85mg, Apigenin: 8.85mg, Apigenin: 8.85mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 160.22kcal (8.01%), Fat: 7.05g (10.84%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 15.7g (5.71%), Sugar: 5.61g (6.23%), Cholesterol: 16mg (5.33%), Sodium: 832.47mg (36.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin K: 88.72µg (84.5%), Vitamin C: 21.97mg (26.63%), Manganese: 0.33mg (16.64%), Vitamin A: 791.57IU (15.83%), Fiber: 3.15g (12.59%), Vitamin B1: 0.17mg (11.1%), Folate: 44.1µg (11.02%), Phosphorus: 109.28mg (10.93%), Potassium: 361mg (10.31%), Vitamin B6: 0.18mg (9.1%), Vitamin B3: 1.67mg (8.36%), Selenium: 5.35µg (7.64%), Iron: 1.29mg (7.15%), Magnesium: 25.43mg (6.36%), Vitamin B5: 0.55mg (5.45%), Zinc: 0.79mg (5.26%), Vitamin B2: 0.08mg (4.88%), Copper: 0.09mg (4.54%), Vitamin B12: 0.27µg (4.44%), Calcium: 39.11mg (3.91%), Vitamin E: 0.57mg (3.83%)