



Ham, Bean and Bacon Soup with Sauerkraut

READY IN



55 min.

SERVINGS



6

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces smoky bacon lean chopped
- 2 tablespoons butter
- 1 large carrots chopped
- 4 cups chicken stock see
- 1 large bay leaf fresh
- 4 cloves garlic chopped
- 12 ounces ham steak
- 2 onions chopped
- 1 handful parsley leaves fresh chopped for garnish

- 15 ounce kidney beans white red canned
- 6 servings salt and pepper
- 2 pounds sauerkraut rinsed drained
- 6 servings sourdough bread
- 1.5 pounds starchy potatoes peeled chopped
- 6 servings vegetable oil

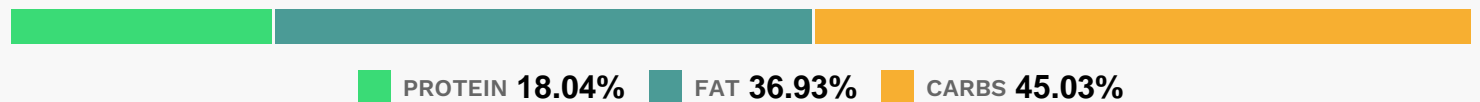
Equipment

- dutch oven

Directions

- Heat the oil in soup pot or Dutch oven.
- Add the bacon and brown.
- Remove the bacon, and reserve.
- Add the ham and brown, then remove and reserve. Melt in the butter, and add the garlic, onions, potatoes, carrots and bay leaf. Partially cover and cook to soften, 10 minutes.
- Add the stock, 2 cups water, the reserved ham and bacon, the sauerkraut and beans, and simmer until potatoes are cooked and soup flavor combines, 15 minutes more. Season with salt and pepper.
- Cool completely and store for a make-ahead meal.
- To serve, reheat over medium heat.
- Add the parsley just before serving and pass bread at the table.

Nutrition Facts



Properties

Glycemic Index:66.18, Glycemic Load:45.35, Inflammation Score:-10, Nutrition Score:39.931304309679%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 768.07kcal (38.4%), Fat: 31.9g (49.08%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 87.52g (29.17%), Net Carbohydrates: 74.69g (27.16%), Sugar: 11.26g (12.51%), Cholesterol: 52.82mg (17.61%), Sodium: 2698.76mg (117.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.07g (70.14%), Vitamin B1: 1.28mg (85.59%), Vitamin C: 53.11mg (64.38%), Vitamin K: 67.19µg (63.99%), Folate: 243.78µg (60.94%), Vitamin B6: 1.19mg (59.27%), Manganese: 1.17mg (58.52%), Vitamin B3: 11.24mg (56.19%), Selenium: 37.08µg (52.97%), Fiber: 12.83g (51.32%), Phosphorus: 494.87mg (49.49%), Iron: 8.45mg (46.97%), Potassium: 1586.41mg (45.33%), Vitamin A: 2219.59IU (44.39%), Vitamin B2: 0.67mg (39.48%), Copper: 0.68mg (33.95%), Magnesium: 121.48mg (30.37%), Zinc: 3.71mg (24.73%), Calcium: 144.51mg (14.45%), Vitamin B5: 1.41mg (14.06%), Vitamin E: 1.85mg (12.36%), Vitamin B12: 0.55µg (9.17%)