



## Ham, Potato and Cabbage Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



56 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 teaspoon caraway seed
- 6 cups chicken broth organic swanson® (Regular, Natural or Certified )
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 3 cups cabbage shredded green
- 0.3 teaspoon ground pepper black
- 2 large onions chopped
- 1 large potatoes diced

1 tablespoon vegetable oil

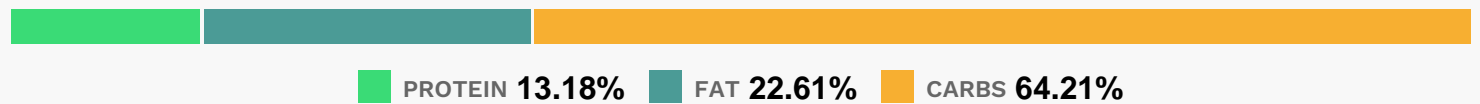
## Equipment

pot

## Directions

- Heat the oil in a 6-quart saucepot over medium-high heat.
- Add the onions and garlic and cook for 3 minutes or until tender, stirring occasionally.
- Stir the broth, black pepper, cabbage, potato and ham in the saucepot and heat to a boil. Reduce the heat to low. Cover and cook for 30 minutes or until the potato is tender.
- Stir in the parsley and caraway seed, if desired.

## Nutrition Facts



## Properties

Glycemic Index:20.73, Glycemic Load:4.74, Inflammation Score:-3, Nutrition Score:5.0117391296055%

## Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

## Nutrients (% of daily need)

Calories: 56.39kcal (2.82%), Fat: 1.48g (2.28%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 7.83g (2.85%), Sugar: 2.37g (2.64%), Cholesterol: 2.35mg (0.78%), Sodium: 442.37mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin K: 27.07µg (25.78%), Vitamin C: 15.31mg (18.56%), Manganese: 0.17mg (8.7%), Vitamin B6: 0.15mg (7.34%), Fiber: 1.64g (6.56%), Potassium: 224.36mg (6.41%), Vitamin B2: 0.09mg (5.56%), Vitamin B1: 0.07mg (4.88%), Folate: 18.24µg (4.56%), Phosphorus: 35.81mg (3.58%), Magnesium: 13.74mg (3.44%), Copper: 0.07mg (3.39%), Vitamin B3: 0.67mg (3.34%), Iron: 0.53mg (2.97%), Calcium: 23.85mg (2.38%), Zinc: 0.27mg (1.77%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 77.63IU (1.55%), Vitamin E: 0.18mg (1.23%), Selenium: 0.8µg (1.14%)