



Horseradish Soup: Zuppa di Raffano

 **Gluten Free**

READY IN

ready

235 min.

SERVINGS

servings

4

CALORIES

calories

1385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 3.5 pounds chicken wings
- ☐ 1 cup cooking wine dry white
- ☐ 2 cups heavy cream
- ☐ 0.5 cup horseradish freshly grated for garnish
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 2 onions coarsely chopped
- ☐ 2 medium onions spanish finely chopped
- ☐ 1 bunch parsley stems
- ☐ 4 servings poppy seeds for garnish
- ☐ 3 medium potatoes peeled cut into 1/4-inch cubes
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions thinly sliced for garnish
- ☐ 4 ounces speck cut into 1/4-inch dice
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons lard
- ☐ 2 tablespoons lard

Equipment

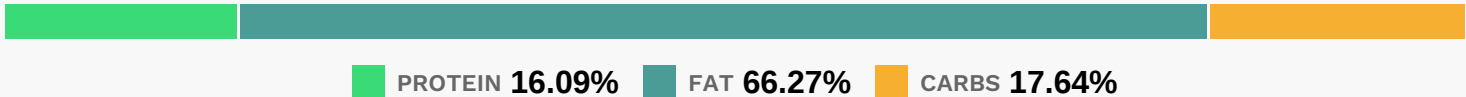
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a heavy-bottomed, 6-quart soup pot, heat the lard and speck until smoking over medium heat.
- ☐ Add the onions and cook until soft but not brown, about 8 to 10 minutes.
- ☐ Add the potatoes, 1/2 cup horseradish, chicken stock, cream, and wine and bring to a boil. Boil 15 minutes and lower heat to medium. Cook just below a boil for 1 hour, until the potatoes have fallen apart. Season with salt and pepper and garnish with scallions, remaining fresh horseradish, and poppy seeds.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.

- ☐
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:111.15, Glycemic Load:26.61, Inflammation Score:-10, Nutrition Score:50.63260895273%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 31.86mg, Apigenin: 31.86mg, Apigenin: 31.86mg, Apigenin: 31.86mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 25.05mg, Quercetin: 25.05mg, Quercetin: 25.05mg, Quercetin: 25.05mg

Nutrients (% of daily need)

Calories: 1384.76kcal (69.24%), Fat: 100.07g (153.96%), Saturated Fat: 42.33g (264.54%), Carbohydrates: 59.94g (19.98%), Net Carbohydrates: 48.12g (17.5%), Sugar: 16.72g (18.58%), Cholesterol: 318.21mg (106.07%), Sodium: 658.91mg (28.65%), Alcohol: 6.18g (100%), Alcohol %: 0.91% (100%), Protein: 54.65g (109.31%), Vitamin K: 293.59µg (279.61%), Vitamin A: 11359.71IU (227.19%), Vitamin C: 76.28mg (92.47%), Vitamin B3: 17.09mg (85.46%), Vitamin B6: 1.68mg (84.12%), Manganese: 1.65mg (82.26%), Selenium: 46.48µg (66.39%), Phosphorus: 663.17mg (66.32%), Potassium: 1995.99mg (57.03%), Fiber: 11.82g (47.27%), Magnesium: 170.6mg (42.65%), Calcium: 375.64mg (37.56%), Iron: 6.72mg (37.35%), Zinc: 5.6mg (37.3%), Vitamin B2: 0.63mg (37.13%), Vitamin B1: 0.53mg (35.38%), Folate: 138.71µg (34.68%), Vitamin B5: 3.13mg (31.32%), Copper: 0.62mg (31.2%), Vitamin E: 4.02mg (26.81%), Vitamin B12: 1.02µg (16.97%), Vitamin D: 2.23µg (14.88%)