



Irish Bacon And Cabbage Soup



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound irish bacon diced
- ☐ 15 ounce canned tomatoes diced with juice canned
- ☐ 2 large potatoes cubed peeled
- ☐ 4 servings salt and pepper black to taste
- ☐ 2 cups savoy cabbage leaves dark green thinly sliced

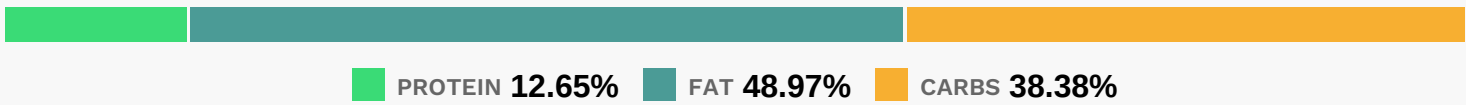
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place bacon in a large, deep stockpot or saucepan. Cook over medium high heat until evenly brown.
- ☐ Drain off any excess fat.
- ☐ Stir in potatoes, tomatoes, and enough chicken stock to cover. Season with salt and pepper. Bring to a boil, reduce heat and let simmer for 20 minutes, or until potatoes are tender.
- ☐ Stir in cabbage and allow the soup to simmer for a few minutes longer before serving.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:24.73, Inflammation Score:-9, Nutrition Score:23.617391441179%

Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 410.44kcal (20.52%), Fat: 22.79g (35.06%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 32.45g (11.8%), Sugar: 4.12g (4.58%), Cholesterol: 37.42mg (12.47%), Sodium: 613.33mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Vitamin C: 73.02mg (88.51%), Vitamin K: 84.89µg (80.85%), Vitamin B6: 0.92mg (45.99%), Potassium: 1161.13mg (33.18%), Folate: 124.16µg (31.04%), Fiber: 7.73g (30.9%), Vitamin B1: 0.39mg (25.79%), Manganese: 0.5mg (25.1%), Vitamin A: 1207.61IU (24.15%), Phosphorus: 236.5mg (23.65%), Vitamin B3: 4.58mg (22.9%), Magnesium: 82.37mg (20.59%), Selenium: 13.02µg (18.59%), Copper: 0.3mg (14.83%), Iron: 2.15mg (11.92%), Vitamin B5: 1.08mg (10.82%), Zinc: 1.52mg (10.16%), Vitamin B2: 0.14mg (8.26%), Calcium: 66.5mg (6.65%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.23µg (1.51%)