



Irish Bacon And Cabbage Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

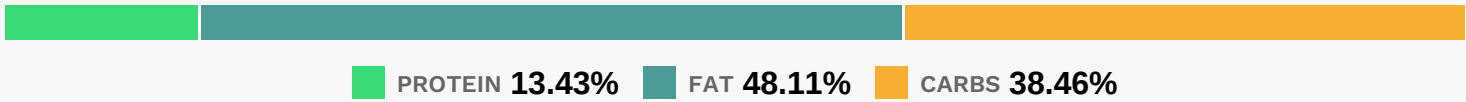
- ☐ sauce pan

☐ 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:24.534782710283%

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: 432.04kcal (21.6%), Fat: 23.51g (36.17%), Saturated Fat: 7.79g (48.72%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 34.57g (12.57%), Sugar: 5.07g (5.64%), Cholesterol: 39.22mg (13.07%), Sodium: 699.13mg (30.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Vitamin C: 73.14mg (88.65%), Vitamin K: 85.01µg (80.96%), Vitamin B6: 0.96mg (47.82%), Potassium: 1224.13mg (34.98%), Folate: 127.16µg (31.79%), Fiber: 7.73g (30.9%), Vitamin B3: 5.53mg (27.64%), Vitamin B1: 0.41mg (27.19%), Phosphorus: 252.7mg (25.27%), Manganese: 0.5mg (25.1%), Vitamin A: 1209.41IU (24.19%), Magnesium: 84.77mg (21.19%), Selenium: 14.34µg (20.48%), Copper: 0.33mg (16.45%), Iron: 2.27mg (12.62%), Vitamin B2: 0.19mg (11.26%), Vitamin B5: 1.08mg (10.82%), Zinc: 1.61mg (10.72%), Calcium: 68.3mg (6.83%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.23µg (1.51%)