



Italian Bread and Cabbage Soup with Sage Butter

READY IN



70 min.

SERVINGS



8

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large knobs butter
- ☐ 4 ounce anchovy fillets in oil canned
- ☐ 7 ounces fontina grated
- ☐ 3 sprigs rosemary fresh leaves picked
- ☐ 1 bunch sage fresh leaves picked
- ☐ 1 clove garlic unpeeled cut in 1/2
- ☐ 2 handfuls cavolo nero and/or kale washed and roughly chopped
- ☐ 8 servings olive oil

- ☐ 12 slices pancetta
- ☐ 5 ounces parmesan freshly grated for serving plus a little
- ☐ 1 savoy cabbage washed and roughly chopped separated
- ☐ 8 servings sea salt and pepper black freshly ground
- ☐ 16 slices sourdough bread country-style stale
- ☐ 3 quarts vegetable stock

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ stove
- ☐ toaster

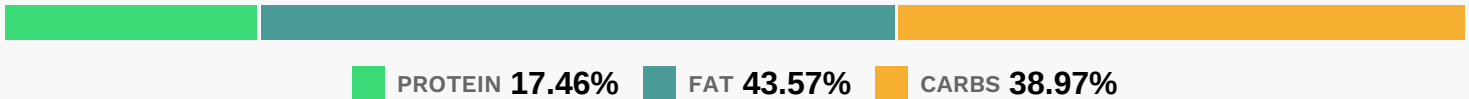
Directions

- ☐ Preheat your oven to 350 degrees F.
- ☐ Bring the stock to the boil in a large saucepan and add the cabbage, cavolo nero and/or kale. Cook for a few minutes until softened (you may have to do this in 2 batches).
- ☐ Remove the cabbage to a large bowl, leaving the stock in the pan.
- ☐ Toast all but 5 of the bread slices on a hot griddle pan or in a toaster, then rub them on 1 side with the garlic halves, and set aside.
- ☐ Next, heat a large 4-inch-deep ovenproof casserole-type pan on the stove top, pour in a couple of glugs of olive oil and add your pancetta and anchovies. When the pancetta is golden brown and sizzling, add the rosemary and cooked cabbage and toss to coat the greens in all the lovely flavors.
- ☐ Put the mixture and all the juices back into the large bowl.
- ☐ Place 4 of the toasted slices in the casserole-type pan, in 1 layer.
- ☐ Spread over 1/3 of the cabbage leaves, sprinkle over a 1/4 of the grated fontina and Parmesan and add a drizzle of olive oil. Repeat this twice, but don't stress if your pan's only big enough

to take layers – that's fine. Just pour in all the juices remaining in the bowl and end with a layer of untoasted bread on top. Push down on the layers with your hands.

- ☐ Pour the stock gently over the top until it just comes up to the top layer. Push down again and sprinkle over the remaining fontina and Parmesan.
- ☐ Add a good pinch of salt and pepper and drizzle over some good-quality olive oil.
- ☐ Bake in the preheated oven for around 30 minutes, or until crispy and golden on top.
- ☐ When the soup is ready, divide it between your bowls. Melt the butter in a frying pan and quickly fry the sage leaves until they're just crisp and the butter is lightly golden (not burned!). Spoon a bit of the flavored butter and sage leaves over the soup and add another grating of Parmesan. Such a great combo!
- ☐ "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:54.64, Inflammation Score:-9, Nutrition Score:40.827391334202%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 807.91kcal (40.4%), Fat: 39.49g (60.75%), Saturated Fat: 13.57g (84.78%), Carbohydrates: 79.48g (26.49%), Net Carbohydrates: 73.04g (26.56%), Sugar: 12.02g (13.35%), Cholesterol: 67.27mg (22.42%), Sodium: 3365.3mg (146.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.6g (71.21%), Copper: 4.18mg (208.98%), Vitamin K: 90.55µg (86.24%), Selenium: 59.14µg (84.49%), Vitamin B1: 1.07mg (71.57%), Folate: 252.24µg (63.06%), Manganese: 1.04mg (52.2%), Vitamin B3: 10.26mg (51.32%), Calcium: 496.48mg (49.65%), Vitamin A: 2292.1IU (45.84%), Phosphorus: 457.83mg (45.78%), Vitamin B2: 0.76mg (44.79%), Vitamin C: 35.23mg (42.71%), Iron: 6.64mg (36.9%), Fiber: 6.44g (25.77%), Magnesium: 98.57mg (24.64%), Zinc: 3.61mg (24.1%), Vitamin B6: 0.48mg (23.87%), Vitamin E: 3.15mg (21.02%), Potassium: 568.94mg (16.26%), Vitamin B12: 0.86µg (14.33%), Vitamin B5:

1.07mg (10.74%), Vitamin D: 0.56µg (3.75%)