



## Kielbasa, Potato and Cabbage Soup

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup lager beer
- 2 carrots chopped
- 2 ribs celery chopped
- 4 cups chicken stock see
- 0.5 tablespoon coriander
- 0.5 cup crème fraîche
- 3 tablespoons dill or dried fresh chopped
- 2 cloves garlic crushed

- 0.5 teaspoon ground allspice
- 0.5 juice of lemon juiced
- 1.3 pounds kielbasa (1 ring)
- 9 servings grates nutmeg
- 1 onion chopped
- 1 tablespoon paprika
- 1 Handful parsley leaves fresh chopped
- 6 servings salt and pepper black freshly ground
- 0.5 head savoy cabbage chopped
- 1 pound starchy potato such as russet, peeled and chopped (1 large or 2 medium)
- 2 cups tomato passata
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- paper towels
- pot
- dutch oven

## Directions

- Watch how to make this recipe.
- Heat the oil in a large Dutch oven over medium-high heat, add the kielbasa and brown.
- Remove the kielbasa to a paper towel-lined plate.
- Add the potatoes, paprika, coriander, allspice, carrots, celery, garlic, onions and some salt and pepper. Cook, partially covered, 5 to 6 minutes. Then wilt in the cabbage and season with a little nutmeg. Deglaze the pan with the beer.
- Add the stock and passata, then slide the kielbasa back in the pot and simmer to combine flavors, 15 minutes. Cool and store for a make-ahead meal. Reheat over medium heat. Finish the soup with the creme fraiche, herbs and lemon juice; serve in shallow bowls.

# Nutrition Facts

PROTEIN 15.42% FAT 59.31% CARBS 25.27%

## Properties

Glycemic Index:92.51, Glycemic Load:14.81, Inflammation Score:-10, Nutrition Score:30.630869699561%

## Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

## Nutrients (% of daily need)

Calories: 592.86kcal (29.64%), Fat: 38.98g (59.96%), Saturated Fat: 13.78g (86.13%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 31.03g (11.28%), Sugar: 9.63g (10.7%), Cholesterol: 82.26mg (27.42%), Sodium: 1121.94mg (48.78%), Alcohol: 1.53g (100%), Alcohol %: 0.34% (100%), Protein: 22.8g (45.59%), Vitamin A: 5471.34IU (109.43%), Vitamin K: 84.65µg (80.62%), Vitamin C: 41.86mg (50.74%), Vitamin B1: 0.72mg (47.84%), Vitamin B6: 0.88mg (43.82%), Vitamin B3: 7.79mg (38.95%), Potassium: 1258.74mg (35.96%), Selenium: 22.61µg (32.3%), Manganese: 0.63mg (31.45%), Phosphorus: 313.1mg (31.31%), Folate: 108.07µg (27.02%), Fiber: 6.35g (25.38%), Vitamin B2: 0.42mg (24.82%), Iron: 4.08mg (22.67%), Magnesium: 88.97mg (22.24%), Copper: 0.4mg (20.23%), Zinc: 2.91mg (19.37%), Vitamin B12: 0.97µg (16.24%), Calcium: 133.77mg (13.38%), Vitamin B5: 1.07mg (10.71%), Vitamin E: 1.42mg (9.46%)