



## Kitchen Express Pot Likker Soup

 **Gluten Free**  **Dairy Free**

READY IN



**73 min.**

SERVINGS



**8**

CALORIES



**108 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 pound pork loin smoked boneless chopped
- 1 medium carrots diced
- 16 oz collard greens fresh washed and trimmed
- 8 servings cornbread croutons
- 0.5 cup cooking wine dry white
- 1 garlic clove chopped
- 2 tablespoons ham soup base jarred
- 1 medium onion chopped

- 0.3 teaspoon pepper dried red crushed
- 14.5 oz vegetable broth canned
- 1 tablespoon vegetable oil
- 8 cups water

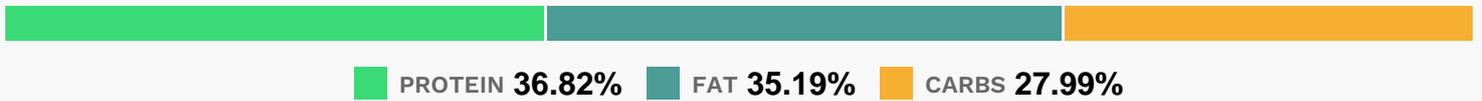
## Equipment

- dutch oven

## Directions

- Saut pork, onion, and carrot in hot oil in a Dutch oven over medium heat 4 to 5 minutes or until tender; add garlic, and cook 1 minute.
- Add wine; cook, stirring occasionally, 2 minutes or until wine is reduced by half.
- Stir in ham soup base, broth, water, and red pepper. Bring to a boil. Gradually stir in collards; reduce heat, and simmer 45 minutes or until collards are tender.
- Serve with Cornbread Croutons.

## Nutrition Facts



## Properties

Glycemic Index:29.48, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:17.49956522558%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.07mg, Kaempferol: 5.07mg, Kaempferol: 5.07mg, Kaempferol: 5.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

## Nutrients (% of daily need)

Calories: 107.88kcal (5.39%), Fat: 3.93g (6.04%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 4.23g (1.54%), Sugar: 1.79g (1.99%), Cholesterol: 20.15mg (6.72%), Sodium: 299.4mg (13.02%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 9.24g (18.48%), Vitamin K: 252.1µg (240.09%), Vitamin A: 4247.84IU (84.96%), Vitamin C: 21.6mg (26.18%), Manganese: 0.43mg (21.71%), Folate: 78.81µg (19.7%), Vitamin B6: 0.36mg (18.12%), Calcium: 148.99mg (14.9%), Selenium: 9.96µg (14.23%), Vitamin B1: 0.2mg (13.18%), Vitamin B3: 2.39mg (11.93%), Fiber: 2.8g (11.18%), Vitamin E: 1.55mg (10.32%), Phosphorus: 97.14mg (9.71%), Vitamin B2: 0.15mg (8.76%), Potassium: 296.46mg (8.47%), Magnesium: 30.03mg (7.51%), Zinc: 0.81mg (5.43%), Copper: 0.1mg (4.81%), Vitamin B5: 0.43mg (4.31%), Iron: 0.6mg (3.35%), Vitamin B12: 0.17µg (2.8%)