

Knefla Soup II

READY IN



60 min.

SERVINGS



8

CALORIES



380 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound bacon chopped
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 3 cups milk
- ☐ 1 onion diced
- ☐ 1 large potatoes diced
- ☐ 1 pinch salt
- ☐ 8 servings salt and pepper to taste

☐ 0.5 cup water

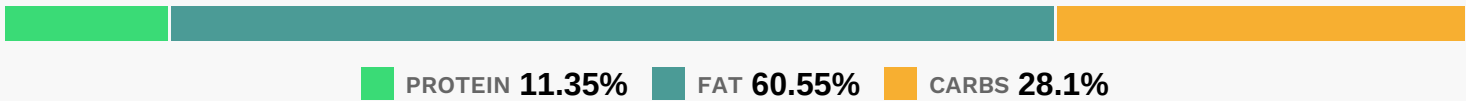
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium bowl, combine flour, egg, 1/2 cup water and salt to form a dough.
- ☐ Cut into thin strips or small pieces.
- ☐ Bring a large pot of water to boil. Stir in dough, potatoes and onion. Cook 20 minutes, until potatoes are tender.
- ☐ Drain.
- ☐ While pasta and potatoes are cooking, cook bacon in a large skillet over medium heat until crisp. Save drippings.
- ☐ Return pasta and potato mixture to large pot over medium-low heat, and combine with bacon, a teaspoon of bacon grease, milk, cream and salt and pepper. Adjust bacon grease to taste and milk or cream to cover. Simmer 20 minutes, without boiling.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:16.43, Inflammation Score:-6, Nutrition Score:11.215217403744%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 380.02kcal (19%), Fat: 25.65g (39.46%), Saturated Fat: 12.53g (78.3%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 25.12g (9.13%), Sugar: 6.28g (6.97%), Cholesterol: 83.77mg (27.92%), Sodium: 441.29mg (19.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.63%), Selenium: 15.52µg (22.17%), Phosphorus: 208.54mg (20.85%), Vitamin B1: 0.3mg (20.23%), Vitamin B2: 0.33mg (19.17%), Vitamin B6: 0.31mg (15.52%), Calcium: 148.29mg (14.83%), Vitamin B3: 2.68mg (13.42%), Potassium: 460.26mg (13.15%), Vitamin A: 626.94IU (12.54%), Vitamin C: 10.28mg (12.46%), Vitamin B12: 0.73µg (12.21%), Vitamin D: 1.71µg (11.37%), Folate: 42.36µg (10.59%), Manganese: 0.2mg (10.2%), Vitamin B5: 0.88mg (8.81%), Magnesium: 32.7mg (8.17%), Iron: 1.36mg (7.54%), Zinc: 1.12mg (7.47%), Fiber: 1.67g (6.68%), Copper: 0.1mg (5.01%), Vitamin E: 0.52mg (3.44%), Vitamin K: 2.22µg (2.12%)