

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 cup heavy whipping 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.

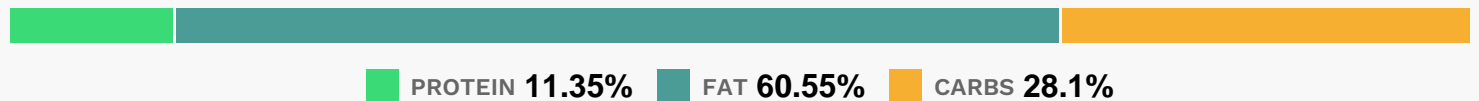
Drain.

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%)