

## Pappa Al Pomodoro

READY IN



120 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 basil leaves fresh whole
- 1 cup medium-diced carrots unpeeled (3 carrots)
- 4 cups chicken stock see homemade
- 3 cups ciabatta cubes diced (1-inch)
- 3 cups ciabatta cubes diced (1-inch)
- 0.5 cup cooking wine dry red
- 1.5 cups fennel bulb cored trimmed
- 1 cup basil leaves fresh chopped
- 4 cloves garlic minced

- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil good
- 3 tablespoons olive oil good plus more for serving
- 2 ounces thickly pancetta sliced chopped
- 0.5 cup parmesan freshly grated
- 56 ounce plum tomatoes italian good canned
- 6 servings salt and pepper
- 2 cups onion yellow chopped (2 onions)

## Equipment

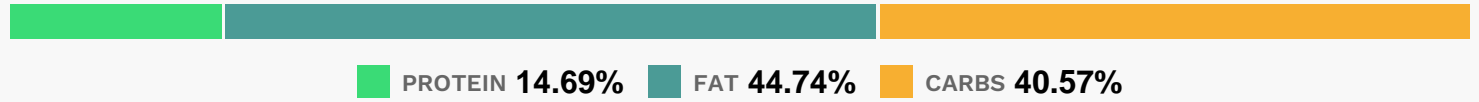
- food processor
- bowl
- frying pan
- oven
- whisk
- pot

## Directions

- Heat the oil in a large stockpot over medium heat.
- Add the onions, carrots, fennel, and garlic and cook over medium-low heat for 10 minutes, until tender.
- Add the ciabatta cubes and cook for 5 more minutes.
- Place the tomatoes in the bowl of a food processor fitted with the steel blade and process just until coarsely chopped.
- Add the tomatoes to the pot along with the chicken stock, red wine, basil, 1 tablespoon salt, and 1 1/2 teaspoons pepper. Bring the soup to a boil, lower the heat, and allow to simmer, partially covered, for 45 minutes.
- Meanwhile, preheat the oven to 375 degrees F.
- For the topping, place the ciabatta cubes, pancetta, and basil on a sheet pan large enough to hold them in a single layer.

- Drizzle with olive oil, sprinkle with salt and pepper, and toss well. Cook, stirring occasionally, for 20 to 25 minutes, until all the ingredients are crisp. The basil leaves will turn dark and crisp, which is perfectly fine. Reheat the soup, if necessary, beat with a wire whisk until the bread is broken up. Stir in the Parmesan and taste for seasoning.
- Serve hot sprinkled with the topping and drizzled with additional olive oil.

## Nutrition Facts



## Properties

Glycemic Index:64.31, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:23.05347797145%

## Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

## Nutrients (% of daily need)

Calories: 393.07kcal (19.65%), Fat: 19.35g (29.76%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 33.65g (12.24%), Sugar: 13.72g (15.24%), Cholesterol: 16.7mg (5.57%), Sodium: 798.04mg (34.7%), Alcohol: 2.1g (100%), Alcohol %: 0.43% (100%), Protein: 14.29g (28.59%), Vitamin A: 6167.75IU (123.35%), Vitamin K: 67.87µg (64.64%), Vitamin C: 46.02mg (55.78%), Potassium: 1083.66mg (30.96%), Manganese: 0.56mg (27.81%), Vitamin B3: 4.98mg (24.89%), Vitamin B6: 0.48mg (23.97%), Fiber: 5.82g (23.27%), Vitamin E: 3.39mg (22.58%), Phosphorus: 218.31mg (21.83%), Folate: 72.22µg (18.05%), Calcium: 174.56mg (17.46%), Copper: 0.32mg (16.15%), Vitamin B2: 0.26mg (15.41%), Vitamin B1: 0.23mg (15.34%), Magnesium: 56.16mg (14.04%), Selenium: 8.04µg (11.49%), Iron: 1.77mg (9.86%), Zinc: 1.27mg (8.47%), Vitamin B5: 0.52mg (5.25%), Vitamin B12: 0.15µg (2.45%)