



Porchetta Chowder

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound double bacon smoked cut into small pieces
- ☐ 2 bay leaves
- ☐ 19 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 1 cup celery diced
- ☐ 2 cups chicken stock see
- ☐ 1 handful parsley chopped
- ☐ 4 cloves garlic chopped
- ☐ 1 cup heavy cream

- ☐ 1 cup milk
- ☐ 1 cup onion diced
- ☐ 1 large russet grated peeled
- ☐ 4 servings salt and pepper to taste
- ☐ 2 teaspoons thyme leaves chopped
- ☐ 0.3 cup white wine
- ☐ 1 large yukon gold boiling peeled cut into bite sized pieces

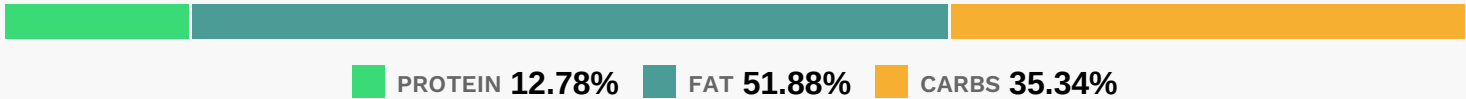
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Cook the bacon in a large sauce pan until the fat renders and the bacon starts to get crisp, about 7-10 minutes.
- ☐ Add the onion and celery and saute until tender, about 7-10 minutes.
- ☐ Add the garlic and saute until fragrant, about a minutes.Puree half of the beans in a food processor with some of the chicken stock.
- ☐ Add the white wine, cream, milk, chicken stock, bacon, beans, potatoes, thyme and bay leaves and bring to a boil.Reduce the heat and simmer until the grated potato has dissolved and the diced potato is tender, about 30-40 minutes.Season with salt and pepper, mix in the cream and parsley and remove from heat.
- ☐ Serve garnished with grainy mustard.

Nutrition Facts



Properties

Glycemic Index:83.69, Glycemic Load:22.37, Inflammation Score:-9, Nutrition Score:29.682608438575%

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 Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 811.18kcal (40.56%), Fat: 46.9g (72.16%), Saturated Fat: 22.57g (141.06%), Carbohydrates: 71.88g (23.96%), Net Carbohydrates: 61.32g (22.3%), Sugar: 9.55g (10.61%), Cholesterol: 114.33mg (38.11%), Sodium: 1095.98mg (47.65%), Alcohol: 1.54g (100%), Alcohol %: 0.28% (100%), Protein: 26g (51.99%), Manganese: 1.2mg (60.02%), Potassium: 1855.88mg (53.03%), Vitamin B6: 0.9mg (45.08%), Phosphorus: 438.66mg (43.87%), Fiber: 10.56g (42.26%), Vitamin B1: 0.54mg (35.91%), Iron: 6.35mg (35.29%), Magnesium: 140.85mg (35.21%), Folate: 138.42µg (34.6%), Vitamin K: 34.4µg (32.76%), Copper: 0.62mg (31.05%), Calcium: 273.4mg (27.34%), Vitamin B2: 0.46mg (26.87%), Selenium: 18.54µg (26.49%), Vitamin C: 21.18mg (25.67%), Vitamin A: 1253.46IU (25.07%), Vitamin B3: 5mg (25.02%), Zinc: 3.41mg (22.73%), Vitamin B5: 1.63mg (16.33%), Vitamin E: 2.04mg (13.58%), Vitamin D: 1.85µg (12.33%), Vitamin B12: 0.73µg (12.19%)