



Porcini, pancetta & spelt soup

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 50 g pancetta cubed (or bacon)
- ☐ 1 tbsp olive oil
- ☐ 1 bay leaves
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 1l vegetable stock
- ☐ 140 g farro (or farro)
- ☐ 1 small handful the following: parmesan rind) dried crumbled

- ☐ 2 canned tomatoes diced whole deseeded chopped
- ☐ 6 small mushrooms quartered
- ☐ 1 leaf flat parsley

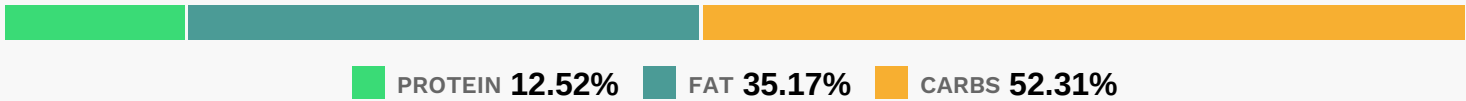
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Fry the pancetta in the oil for 2–3 mins in a medium saucepan.
- ☐ Add the bay leaf and onion. Cook over a gentle heat until the onion is soft and translucent.
- ☐ Add the garlic, fry for a few secs more, then pour over the stock and bring to the boil. Rinse the spelt and drain well.
- ☐ Add to stock along with the porcini and tomatoes, then simmer very gently for 25–30 mins.
- ☐ Add the button mushrooms and simmer for 10 mins more, or until the grains are tender. Season with salt and freshly ground pepper. Ladle the soup into bowls, then sprinkle with parsley and freshly grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:15.72, Inflammation Score:-6, Nutrition Score:10.785217352535%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 230.27kcal (11.51%), Fat: 9.4g (14.46%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 27.04g (9.83%), Sugar: 6g (6.66%), Cholesterol: 8.25mg (2.75%), Sodium: 1081.72mg (47.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Manganese: 1.11mg (55.34%), Phosphorus: 181.44mg (18.14%), Fiber: 4.43g (17.73%), Vitamin B3: 3.52mg (17.61%), Magnesium: 53.97mg (13.49%), Copper: 0.26mg (12.95%), Vitamin B1: 0.19mg (12.64%), Selenium: 8.37µg (11.95%), Vitamin A: 561.35IU (11.23%), Iron: 1.81mg (10.04%), Zinc: 1.45mg (9.69%), Vitamin B6: 0.18mg (8.77%), Vitamin B5: 0.76mg (7.63%), Potassium: 258.26mg (7.38%), Vitamin K: 7.62µg (7.25%), Vitamin B2: 0.12mg (7.18%), Folate: 24.44µg (6.11%), Vitamin E: 0.85mg (5.67%), Vitamin C: 2.98mg (3.62%), Calcium: 18.99mg (1.9%), Vitamin B12: 0.07µg (1.14%)