



HEALTH SCORE

84%

Pot-au-Feu with Green Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 bay leaves



2 pound brisket



8 large carrots cut into 2-inch pieces



4 celery stalks cut into 2-inch pieces



5 garlic cloves halved



8 servings sauce green



1.8 pounds leeks trimmed cut in half lengthwise



1 pound onions

- ☐ 4 large parsley sprigs
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound turnips peeled quartered
- ☐ 12 cups water

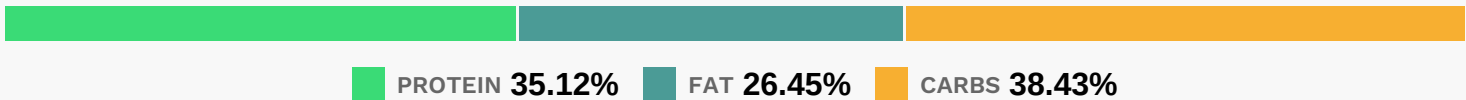
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Peel onions, leaving roots intact; cut each onion into 4 wedges. Trim fat from brisket, and thinly slice.
- ☐ Combine brisket, onions, water, and next 9 ingredients (water through turnips) in a large Dutch oven or stockpot; bring to a boil. Reduce heat, and simmer, uncovered, 2 hours or until brisket is tender. Cover and simmer 1 hour. Strain mixture through a cheesecloth-lined colander into a large bowl; discard garlic, bay leaves, parsley, and leeks. Cover broth, and chill at least 24 hours.
- ☐ Place brisket, onions, carrots, celery, and turnips in a bowl; cover and chill.
- ☐ Skim solidified fat from surface of broth, and discard.
- ☐ Combine broth and brisket mixture in Dutch oven, and cook over medium heat until thoroughly heated.
- ☐ Ladle soup into large shallow bowls, and top with Green Sauce.
- ☐ Serve with parslied potatoes.

Nutrition Facts



Properties

Glycemic Index:38.1, Glycemic Load:8.55, Inflammation Score:-10, Nutrition Score:28.630869616633%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

Nutrients (% of daily need)

Calories: 301.37kcal (15.07%), Fat: 8.94g (13.75%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 23.81g (8.66%), Sugar: 11.05g (12.27%), Cholesterol: 70.31mg (23.44%), Sodium: 285.02mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.71g (53.41%), Vitamin A: 13738.55IU (274.77%), Vitamin K: 66.89µg (63.71%), Vitamin B6: 0.93mg (46.34%), Vitamin B12: 2.76µg (45.93%), Manganese: 0.76mg (38.08%), Zinc: 5.42mg (36.14%), Vitamin C: 27.64mg (33.5%), Phosphorus: 315.85mg (31.58%), Selenium: 20.43µg (29.18%), Vitamin B3: 5.78mg (28.9%), Potassium: 937.57mg (26.79%), Iron: 4.78mg (26.57%), Folate: 101.79µg (25.45%), Fiber: 5.41g (21.64%), Magnesium: 76.06mg (19.01%), Copper: 0.35mg (17.71%), Vitamin B1: 0.26mg (17.51%), Vitamin B2: 0.29mg (17.19%), Calcium: 126.06mg (12.61%), Vitamin E: 1.78mg (11.88%), Vitamin B5: 0.88mg (8.79%)