



Potato Soup with Pumpernickel Gratin

READY IN



35 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into 1-inch pieces
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup onion chopped
- ☐ 3 cups potatoes peeled chopped
- ☐ 28 oz beef broth canned
- ☐ 0.5 cup water
- ☐ 0.5 teaspoon caraway seeds
- ☐ 2 inch pumpernickel bread
- ☐ 1 cup swiss cheese shredded

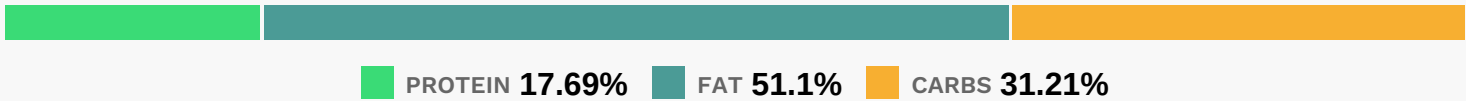
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Cook bacon in Dutch oven over medium heat until crisp.
- ☐ Remove bacon from Dutch oven, reserving drippings; drain bacon on paper towels. Set aside.
- ☐ To bacon drippings in Dutch oven, add celery and onion. Cook over medium-high heat for 3 to 4 minutes or until tender, stirring frequently.
- ☐ Drain.
- ☐ Add potatoes, broth, water, caraway seed and cooked bacon. Bring to a boil. Reduce heat; cover and simmer 6 to 8 minutes or until potatoes are tender, stirring occasionally.
- ☐ Meanwhile, place bread slices on ungreased cookie sheet. Broil 3 to 5 inches from heat for 2 to 4 minutes or until toasted, turning once.
- ☐ Sprinkle each slice with about 1/4 cup cheese. Broil an additional 1 to 3 minutes or until cheese is bubbly.
- ☐ To serve, ladle soup into individual soup bowls. Top each with 1 cheese-topped bread slice.

Nutrition Facts



Properties

Glycemic Index:56.44, Glycemic Load:20.8, Inflammation Score:-5, Nutrition Score:15.956087055414%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin:

0.5mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 388.66kcal (19.43%), Fat: 22.15g (34.08%), Saturated Fat: 9.58g (59.86%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 26.43g (9.61%), Sugar: 1.83g (2.03%), Cholesterol: 46.89mg (15.63%), Sodium: 1035.67mg (45.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.51%), Vitamin C: 32.21mg (39.04%), Phosphorus: 327.68mg (32.77%), Vitamin B6: 0.62mg (30.75%), Calcium: 283.58mg (28.36%), Potassium: 908.19mg (25.95%), Selenium: 17.06µg (24.38%), Vitamin B3: 4.65mg (23.26%), Vitamin B12: 1.12µg (18.66%), Fiber: 4.01g (16.06%), Vitamin B1: 0.24mg (15.76%), Manganese: 0.31mg (15.58%), Magnesium: 57.08mg (14.27%), Zinc: 2.1mg (13.97%), Vitamin B2: 0.22mg (12.67%), Copper: 0.22mg (10.78%), Iron: 1.86mg (10.33%), Folate: 39.25µg (9.81%), Vitamin B5: 0.85mg (8.53%), Vitamin K: 7.12µg (6.78%), Vitamin A: 297.25IU (5.95%), Vitamin E: 0.37mg (2.45%)