



Savoy Cabbage Soup with Bacon and Black Pepper

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slice bacon smoked thick or flavored (avoid the heavily varieties if possible)
- ☐ 2 cup celery hearts light white green with leaves) roughly chopped
- ☐ 2 cup chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 4 servings plenty of freshly cracked pepper black
- ☐ 0.5 teaspoon salt
- ☐ 6 cup water

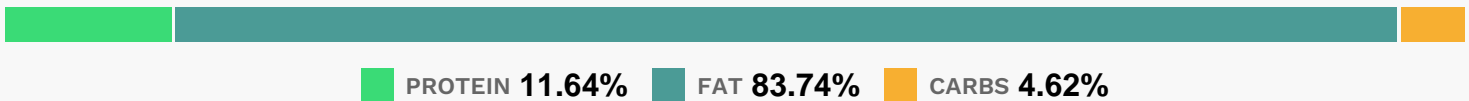
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Chop the bacon into 1-inch pieces.
- ☐ Heat a 5½ qt sauce pot over medium hrat.
- ☐ Add the olive oil and cook the bacon bits until they have rendered most of their fat and are beginning to get crisp
- ☐ To the bacon add the thinly sliced chiffanades of cabbage with sliced carrots. Sautéed the veggies until softened somewhat. Then add the coarsely celery, leaves and all. Stir to well to coat the mixture with the bacan fat.
- ☐ Add 2 cups of chicken broth and six cups of water to the pot and gently simmer the mix about ½ hour. Season with salt and plenty of freshly cracked black pepper. Continue to heat the soup over ow heat another 6 or 7 minutes to bring the seasoning into balance.Ladle the soup into large flat bowls so as to savor its fragrance and serve hot, with more cracked pepper.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:5.9947825825733%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 228.79kcal (11.44%), Fat: 21.3g (32.77%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.18g (1.31%), Cholesterol: 31.39mg (10.46%), Sodium: 1076.12mg (46.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Vitamin K: 17.07µg (16.25%), Selenium: 9.52µg (13.6%), Vitamin B3: 2.19mg (10.95%), Vitamin B1: 0.16mg (10.46%), Phosphorus: 80.34mg (8.03%), Vitamin B2: 0.13mg (7.88%), Vitamin B6: 0.15mg (7.74%), Potassium: 240.99mg (6.89%), Manganese: 0.12mg (6.22%), Vitamin E: 0.88mg (5.85%), Copper: 0.11mg (5.61%), Vitamin A: 245.92IU (4.92%), Zinc: 0.7mg (4.7%), Folate: 18.2µg (4.55%), Vitamin B12: 0.24µg (4.06%), Magnesium: 15.74mg (3.93%), Calcium: 38.4mg (3.84%), Vitamin B5: 0.38mg (3.8%), Fiber: 0.83g (3.33%), Iron: 0.4mg (2.2%), Vitamin C: 1.57mg (1.9%), Vitamin D: 0.18µg (1.17%)