



Spring greens & gammon soup

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 450 g gammon
- ☐ 2 bay leaves
- ☐ 2 medium onion sliced
- ☐ 2 tsp paprika
- ☐ 2 large potatoes peeled chopped
- ☐ 225 g the salad roughly chopped
- ☐ 450 g jicama washed drained canned

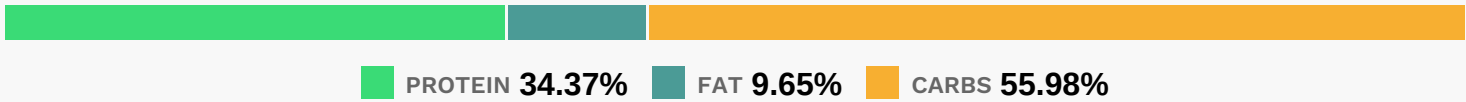
Equipment

☐ frying pan

Directions

- ☐ Put the gammon in a large pan with the bay leaves, onions and about 1.5 litres of cold water or enough to cover. Bring to the boil, then reduce the heat and simmer gently for about 1 hrs.
- ☐ Drain the gammon, reserving the cooking liquid. When the gammon is cool enough to handle, trim away the skin, and shred the meat.
- ☐ Return meat to the pan with the reserved cooking liquid, paprika and potatoes. Cover and simmer for 20 mins or until the potatoes are cooked.
- ☐ While the potatoes are cooking, trim away the stalky bit from the greens and finely shred the leaf. Stir the greens and beans into the stock and continue to cook for about 10 mins until cooked. Season to taste and serve ladled straight from the pan.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:25.42, Inflammation Score:-9, Nutrition Score:28.720434873%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg

Nutrients (% of daily need)

Calories: 354.21kcal (17.71%), Fat: 3.81g (5.86%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 49.76g (16.59%), Net Carbohydrates: 38.84g (14.12%), Sugar: 5.91g (6.57%), Cholesterol: 69.75mg (23.25%), Sodium: 118.69mg (5.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.1%), Vitamin C: 76.23mg (92.39%), Vitamin B6: 1.35mg (67.73%), Vitamin B1: 0.83mg (55.28%), Vitamin B3: 9.46mg (47.28%), Potassium: 1552.9mg (44.37%), Fiber: 10.92g (43.68%), Phosphorus: 431.35mg (43.13%), Selenium: 25.76µg (36.81%), Vitamin B2: 0.53mg (31.26%), Manganese: 0.54mg (26.85%), Vitamin A: 1244.8IU (24.9%), Magnesium: 94.48mg (23.62%), Zinc: 3.06mg (20.4%), Copper: 0.4mg (20.06%), Iron: 3.6mg (20.01%), Folate: 74.94µg (18.73%), Vitamin B5: 1.6mg (16.02%), Calcium: 72.15mg (7.22%), Vitamin E: 1.06mg (7.08%), Vitamin B12: 0.41µg (6.75%), Vitamin K: 4.99µg (4.75%), Vitamin D: 0.34µg (2.25%)