



 **63%**
HEALTH SCORE

Sweet n

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



750 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce beans white drained canned
- 1 cup carrots shredded
- 1 quart chicken stock see
- 0.3 cup optional: dill chopped
- 2 cups cider
- 1 bay leaf fresh
- 0.5 pound ham steak chopped
- 2 cups hash brown potatoes shredded frozen

- 0.3 cup honey
- 2 tablespoons olive oil extra-virgin
- 1 onion thinly sliced quartered
- 4 servings salt and pepper
- 1 pound sack sauerkraut rinsed drained
- 1 savoy cabbage shredded cored quartered
- 1 cup cup heavy whipping cream sour

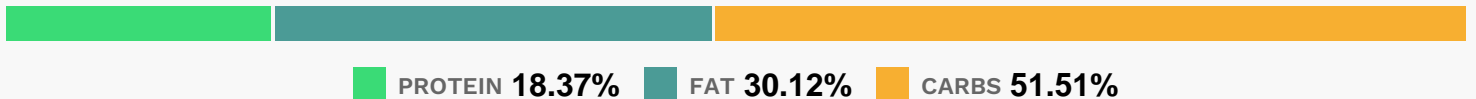
Equipment

- bowl
- pot

Directions

- Heat a soup pot over medium high heat with extra-virgin olive oil.
- Add ham and lightly brown 2 to 3 minutes.
- Add shredded cabbage and stir in the onions and carrots as you finish chopping and grating them. Stir in the frozen hash browns and season the vegetables liberally with salt and pepper.
- Add in a bay leaf, cider, honey, beans, saurkraut and chicken stock.
- Place a lid on the pot and bring soup to a boil. Uncover and simmer 10 minutes until vegetables are tender. Stir in dill and adjust seasoning of soup.
- Serve the soup in shallow bowls and top with sour cream.

Nutrition Facts



Properties

Glycemic Index:66.78, Glycemic Load:23.73, Inflammation Score:-10, Nutrition Score:47.966521719228%

Flavonoids

Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg,

Isorhamnetin: 2.66mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg
Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.09mg, Quercetin:
8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 749.84kcal (37.49%), Fat: 24.87g (38.25%), Saturated Fat: 8.69g (54.3%), Carbohydrates: 95.68g
(31.89%), Net Carbohydrates: 77.71g (28.26%), Sugar: 36.32g (40.35%), Cholesterol: 66.54mg (22.18%), Sodium:
2140.75mg (93.08%), Alcohol: 5.9g (100%), Alcohol %: 0.68% (100%), Protein: 34.12g (68.24%), Vitamin K: 182.3µg
(173.62%), Vitamin A: 8210.47IU (164.21%), Vitamin C: 120.87mg (146.51%), Folate: 309.64µg (77.41%), Fiber: 17.97g
(71.88%), Manganese: 1.41mg (70.28%), Vitamin B1: 0.96mg (64.12%), Potassium: 2140.05mg (61.14%), Vitamin B6:
1.21mg (60.32%), Phosphorus: 533.81mg (53.38%), Vitamin B3: 9.79mg (48.94%), Iron: 8.15mg (45.3%), Magnesium:
174.55mg (43.64%), Copper: 0.8mg (40.16%), Vitamin B2: 0.6mg (35.16%), Selenium: 21.07µg (30.1%), Calcium:
287.81mg (28.78%), Zinc: 4.02mg (26.8%), Vitamin E: 2.84mg (18.93%), Vitamin B5: 1.74mg (17.41%), Vitamin B12:
0.57µg (9.48%)