



Sweet & Sour Cabbage Soup With Dill

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



372 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 servings beef stock
- 10 servings brown sugar packed
- 10 servings cabbage
- 10 servings canola oil
- 10 servings caraway seeds
- 10 servings carrots sliced
- 10 servings celery diced
- 10 servings optional: dill fresh chopped

- 10 servings golden raisins
- 8 pepperoncini pepper juice
- 10 servings kosher salt to taste
- 10 servings juice of lemon
- 10 servings maple syrup
- 10 servings onion diced
- 10 servings stewed tomatoes canned

Equipment

- pot

Directions

- Heat a stockpot for 2 minutes over medium-high heat.
- Add the canola oil, onions, carrots and celery. Sauté for 5 minutes.
- Add the cabbage and sauté an additional 5 minutes.
- Add the raisins, stock, tomatoes, V-8 juice, brown sugar, maple syrup, lemon juice and caraway seeds. Bring to a boil.Reduce the heat to medium and simmer for 1 1/2 hours.
- Remove from the heat.
- Add the dill and salt. Adjust the seasonings, adding more lemon juice or brown sugar, if necessary.Try out these soup recipes on Food Republic:Mexican Matzo Ball Soup Recipe
- Charleston Okra Soup Recipe
- James Beard's Garlic Soup Recipe

Nutrition Facts



PROTEIN 4.2% FAT 33.62% CARBS 62.18%

Properties

Glycemic Index:29.88, Glycemic Load:22.46, Inflammation Score:-10, Nutrition Score:23.997826099396%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 3.2mg, Apigenin: 3.2mg, Apigenin: 3.2mg, Apigenin: 3.2mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg

Nutrients (% of daily need)

Calories: 372.13kcal (18.61%), Fat: 14.79g (22.75%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 61.56g (20.52%), Net Carbohydrates: 53.68g (19.52%), Sugar: 43.2g (48%), Cholesterol: 0mg (0%), Sodium: 351.87mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin A: 11269.42IU (225.39%), Vitamin K: 105.15µg (100.15%), Vitamin C: 44.02mg (53.36%), Manganese: 0.96mg (48.02%), Fiber: 7.88g (31.5%), Potassium: 998.69mg (28.53%), Vitamin B2: 0.46mg (27.16%), Folate: 96.57µg (24.14%), Vitamin E: 3.38mg (22.52%), Vitamin B6: 0.43mg (21.63%), Calcium: 155.39mg (15.54%), Magnesium: 52.51mg (13.13%), Phosphorus: 125.12mg (12.51%), Copper: 0.23mg (11.32%), Vitamin B1: 0.16mg (10.49%), Iron: 1.64mg (9.13%), Vitamin B3: 1.64mg (8.2%), Vitamin B5: 0.73mg (7.3%), Zinc: 0.82mg (5.47%), Selenium: 1.4µg (2%)