



Walkers' wild mushroom, bacon & barley broth

READY IN



95 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g bacon
- ☐ 2 onion
- ☐ 4 medium carrots
- ☐ 3 celery stalks
- ☐ 2 garlic clove crushed
- ☐ 1 sprig thyme leaves
- ☐ 30 g the following: parmesan rind) dried
- ☐ 1 glass wine
- ☐ 1.5 l chicken stock see

- ☐ 175 g quick-cooking barley rinsed well
- ☐ 1 small head savoy cabbage chunk
- ☐ 6 servings parmesan or any strong hard cheese, grated, to serve

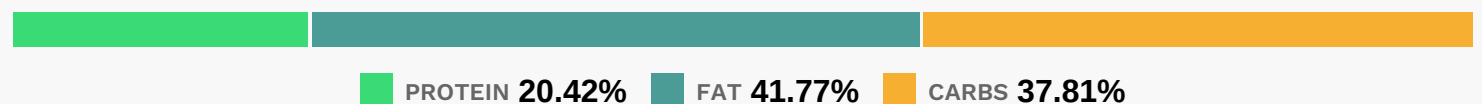
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Put a large saucepan over a medium heat. Sizzle the lardons or bacon for 10 mins until golden, stirring now and then. While they cook, chop the onions, carrots and celery into smallish pieces. When the bacon is ready, stir in the veg, garlic and herbs, cover and gently cook for 10 mins. Meanwhile, put the mushrooms into a jug, then fill up to the 600ml mark with boiling water. Leave to soak for 10 mins. Lift the mushrooms out of their juice with a slotted spoon and roughly chop. Turn up the heat under the pan, add the mushrooms, fry for 1 min, then pour in the wine.
- ☐ Let it evaporate right down, then pour the liquid from the mushroom jug into the pan, avoiding the last drops, as they can be gritty.
- ☐ Add the stock and barley. Simmer for 40 mins until the barley is tender. Lift out the thyme and rosemary stalks. Can be made up to 2 days ahead or frozen for up to 1 month. If you make ahead, the soup will need loosening with a little more stock as the barley will thicken it over time. When ready to serve, finely shred the greens and simmer in the soup for 5 mins until tender. Season to taste, then serve with cheese for sprinkling over the top, crusty bread and butter.

Nutrition Facts



Properties

Glycemic Index:42.47, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:30.869565383248%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 551.33kcal (27.57%), Fat: 24.63g (37.89%), Saturated Fat: 10.29g (64.33%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 40.86g (14.86%), Sugar: 10.21g (11.34%), Cholesterol: 50.01mg (16.67%), Sodium: 1121.66mg (48.77%), Alcohol: 4.05g (100%), Alcohol %: 0.94% (100%), Protein: 27.1g (54.2%), Vitamin A: 7828.82IU (156.58%), Vitamin K: 59.99µg (57.14%), Selenium: 33.42µg (47.75%), Phosphorus: 469.75mg (46.97%), Calcium: 428.64mg (42.86%), Vitamin B3: 8.2mg (41.02%), Manganese: 0.76mg (38.17%), Fiber: 9.31g (37.24%), Vitamin C: 29.89mg (36.23%), Vitamin B6: 0.67mg (33.64%), Copper: 0.63mg (31.35%), Vitamin B2: 0.5mg (29.65%), Folate: 106.08µg (26.52%), Potassium: 914.1mg (26.12%), Vitamin B1: 0.36mg (24.29%), Magnesium: 91.39mg (22.85%), Zinc: 3.01mg (20.04%), Vitamin B5: 1.82mg (18.24%), Iron: 2.39mg (13.27%), Vitamin B12: 0.53µg (8.78%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.48µg (3.19%)