



5:2 Diet - Broccoli and Celery Soup = 111 Calories



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 heads broccoli cut into small florets
- ☐ 4 stalks celery chopped
- ☐ 1 clove garlic crushed
- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 6 servings grinding of pepper black good
- ☐ 2 medium potatoes chopped

- ☐ 4 pints vegetable stock
- ☐ 160 g watercress (mixed or any leaves)

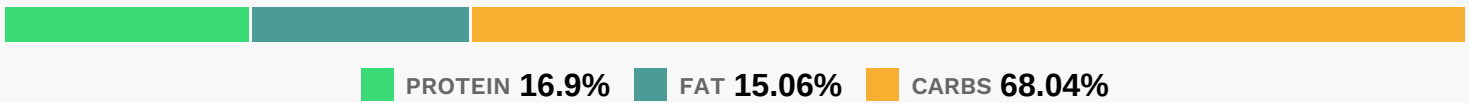
Equipment

- ☐ frying pan

Directions

- ☐ Saute the onion, garlic and celery in the olive oil in a large pan until the onion is soft and translucent.
- ☐ Add the rest of the ingredients and bring to the boil. Reduce to a simmer and cook for 30 minutes until the potatoes are tender.
- ☐ Whizz until nearly smooth. I like to leave some texture in my soup.
- ☐ Season.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:52.29, Glycemic Load:14.14, Inflammation Score:-10, Nutrition Score:25.813043469968%

Flavonoids

Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 22.78mg, Kaempferol: 22.78mg, Kaempferol: 22.78mg, Kaempferol: 22.78mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 18.94mg, Quercetin: 18.94mg, Quercetin: 18.94mg, Quercetin: 18.94mg

Nutrients (% of daily need)

Calories: 174.97kcal (8.75%), Fat: 3.24g (4.99%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 25.24g (9.18%), Sugar: 7.87g (8.75%), Cholesterol: 0mg (0%), Sodium: 1366.09mg (59.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Vitamin K: 284.2µg (270.67%), Vitamin C: 208.57mg (252.81%), Vitamin A: 2907.57IU (58.15%), Folate: 154.56µg (38.64%), Manganese: 0.67mg (33.58%), Vitamin B6: 0.65mg (32.34%), Potassium: 1126.79mg (32.19%), Fiber: 7.74g (30.96%), Phosphorus: 202.87mg (20.29%), Vitamin B2: 0.31mg (18.4%), Magnesium: 69.55mg (17.39%), Vitamin B1: 0.24mg (15.99%), Vitamin B5: 1.55mg (15.47%),

Calcium: 152.03mg (15.2%), Vitamin E: 2.27mg (15.12%), Iron: 2.21mg (12.28%), Vitamin B3: 2.21mg (11.04%), Copper: 0.22mg (10.79%), Selenium: 5.79µg (8.28%), Zinc: 1.14mg (7.59%)