



Autumn vegetable soup with cheesy toasts

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small leek chopped
- ☐ 2 small carrots chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 small potatoes chopped
- ☐ 1 tbsp rosemary leaves fresh finely chopped
- ☐ 0.5 tsp sugar
- ☐ 410 g chickpeas drained and rinsed canned
- ☐ 3 tbsp parsley fresh chopped

- ☐ 800 g roma tomatoes italian chopped canned
- ☐ 8 slices crusty baguette
- ☐ 1 garlic clove cut in half
- ☐ 50 g edam cheese finely grated

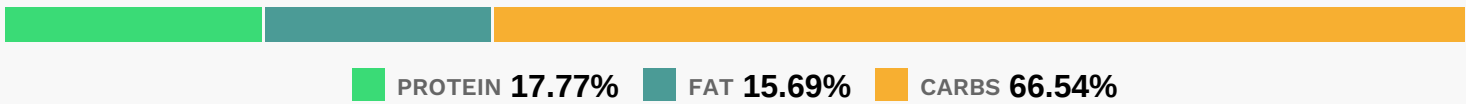
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Put the vegetables into a large saucepan with the garlic, rosemary, stock and sugar. Season well, stir, bring to a simmer and cover. Cook gently for 15 minutes or until the vegetables are just tender.
- ☐ Preheat the grill to high. Whizz the tomatoes in a food processor or blender until smooth, then tip into the vegetables with the chickpeas and parsley. Gently heat through, stirring now and then.
- ☐ For the toasts: rub both sides of the bread with the garlic. Grill on one side until golden, turn the bread over, cover with edam and grill until its bubbling.
- ☐ Serve at once with the piping hot soup.

Nutrition Facts



Properties

Glycemic Index:121.79, Glycemic Load:36.09, Inflammation Score:-10, Nutrition Score:37.111304154863%

Flavonoids

Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg Apigenin: 6.14mg, Apigenin: 6.14mg, Apigenin: 6.14mg, Apigenin: 6.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.77mg, Myricetin:

0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 476.87kcal (23.84%), Fat: 8.5g (13.07%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 81.12g (27.04%), Net Carbohydrates: 67.36g (24.49%), Sugar: 16.31g (18.12%), Cholesterol: 11.13mg (3.71%), Sodium: 559.54mg (24.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.32%), Vitamin A: 6597.7IU (131.95%), Manganese: 1.82mg (91.18%), Vitamin K: 83.44µg (79.46%), Folate: 307.41µg (76.85%), Vitamin C: 45.6mg (55.27%), Fiber: 13.76g (55.02%), Vitamin B1: 0.64mg (42.63%), Phosphorus: 392.99mg (39.3%), Iron: 6.87mg (38.17%), Potassium: 1198.76mg (34.25%), Copper: 0.65mg (32.73%), Vitamin B6: 0.61mg (30.64%), Magnesium: 112.78mg (28.2%), Vitamin B3: 5.48mg (27.39%), Calcium: 263.28mg (26.33%), Selenium: 17.21µg (24.58%), Vitamin B2: 0.4mg (23.33%), Zinc: 3.14mg (20.96%), Vitamin E: 2.05mg (13.67%), Vitamin B5: 1mg (9.97%), Vitamin B12: 0.19µg (3.21%)