



WHATSHEATE



HEALTH SCORE

90%

Bavarian Kohlrabi Soup



Vegetarian



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



12

CALORIES



66 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



4 carrots grated



0.5 pound french-cut green beans



0.5 bunch parsley fresh chopped



2 bell peppers green grated



12 servings salt and ground pepper black to taste



1 pinch hungarian paprika to taste



3 large kohlrabi bulbs grated peeled



4 bell peppers red grated

- ☐ 0.3 cup cup heavy whipping cream sour for topping
- ☐ 1 small head cabbage shredded white
- ☐ 1 teaspoon sugar white to taste

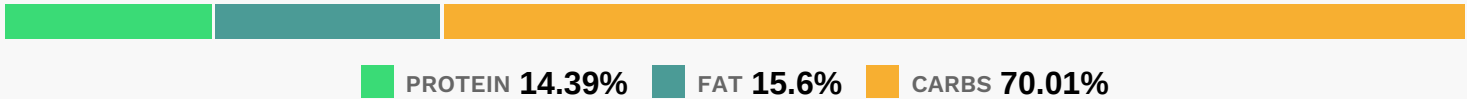
Equipment

- ☐ pot

Directions

- ☐ Combine kohlrabi, cabbage, carrots, red bell peppers, green bell peppers, green beans, and parsley in a stockpot.
- ☐ Pour enough chicken broth over the vegetables to cover; bring to a simmer over medium heat and cook until vegetables are tender, about 20 minutes. Season with sugar, paprika, salt, and black pepper. Top with sour cream and horseradish.

Nutrition Facts



Properties

Glycemic Index:28.99, Glycemic Load:2.9, Inflammation Score:-10, Nutrition Score:19.424347744688%

Flavonoids

Apigenin: 5.16mg, Apigenin: 5.16mg, Apigenin: 5.16mg, Apigenin: 5.16mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 65.59kcal (3.28%), Fat: 1.3g (2.01%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 7.95g (2.89%), Sugar: 7.13g (7.92%), Cholesterol: 2.83mg (0.94%), Sodium: 38.45mg (1.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin C: 118.45mg (143.58%), Vitamin A: 5185.97IU (103.72%), Vitamin K: 98.73µg (94.03%), Fiber: 5.22g (20.88%), Vitamin B6: 0.35mg (17.54%), Folate: 65.87µg (16.47%), Manganese: 0.3mg (15.21%), Potassium: 478.13mg (13.66%), Vitamin E: 1.24mg (8.28%), Vitamin B1: 0.12mg (8%), Magnesium: 30.16mg (7.54%), Vitamin B2: 0.11mg (6.69%), Phosphorus: 66.74mg (6.67%), Iron: 1.1mg (6.12%), Calcium: 60.02mg (6%), Vitamin B3: 1.16mg (5.78%), Copper: 0.11mg (5.4%), Vitamin B5: 0.46mg (4.61%), Zinc: 0.38mg (2.56%), Selenium: 0.81µg (1.15%)