



HEALTH SCORE

76%

Beet Soup with Potatoes and Beet Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound bunches of kale coarsely chopped
- ☐ 0.8 pound beets peeled finely chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 21 ounce beef broth canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup carrots diagonally sliced
- ☐ 0.5 cup celery finely chopped

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 pound potatoes red finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1.5 cups water

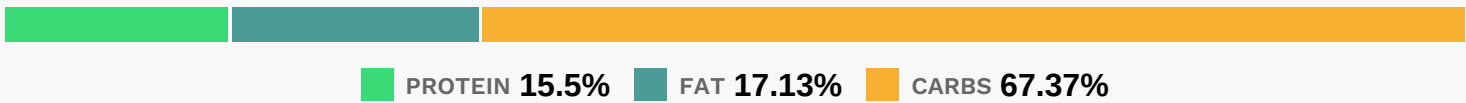
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, carrot, and celery; saut 5 minutes or until tender, stirring frequently. Stir in beets and next 6 ingredients (beets through tomatoes). Bring to a boil; reduce heat, and simmer 35 minutes or until vegetables are tender. Stir in beet greens and sugar; cook 5 minutes.

Nutrition Facts



Properties

Glycemic Index:47.47, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:25.257825856623%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 149.64kcal (7.48%), Fat: 3.11g (4.78%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 19.78g (7.19%), Sugar: 12.56g (13.95%), Cholesterol: 0mg (0%), Sodium: 749.65mg (32.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin K: 314.71µg (299.72%), Vitamin A: 8634.86IU (172.7%), Vitamin C: 39.67mg (48.09%), Potassium: 1373.04mg (39.23%), Manganese: 0.77mg (38.35%), Fiber: 7.74g (30.97%), Folate: 103.65µg (25.91%), Magnesium: 99.2mg (24.8%), Iron: 4.06mg (22.55%), Copper: 0.42mg (20.82%), Vitamin B6: 0.38mg (18.76%), Vitamin E: 2.75mg (18.34%), Vitamin B2: 0.29mg (17.05%), Calcium:

152.65mg (15.27%), Vitamin B3: 2.97mg (14.86%), Vitamin B1: 0.21mg (13.9%), Phosphorus: 133.35mg (13.33%),
Vitamin B5: 0.72mg (7.15%), Zinc: 0.94mg (6.29%), Selenium: 2.87µg (4.1%), Vitamin B12: 0.07µg (1.16%)