




 **73%**
HEALTH SCORE

Cabbage "Noodle" Soup


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




45 min.

SERVINGS



6

CALORIES



176 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 2 bay leaves
- 0.3 head cabbage thinly sliced
- 15 oz garbanzo beans rinsed drained canned
- 2 carrots diced sliced
- 2 ribs celery diced (leaves included)
- 1.5 cups chickpeas cooked
- 2 cloves garlic minced pressed
- 2 teaspoons miso white

- 3 tablespoons nutritional yeast
- 1 small onion chopped
- 0.3 cup parsley chopped
- 6 servings pepper black generous
- 0.5 teaspoon poultry seasoning
- 0.1 teaspoon rubbed sage
- 6 servings salt to taste
- 1 teaspoon thyme leaves dried
- 8 cups water

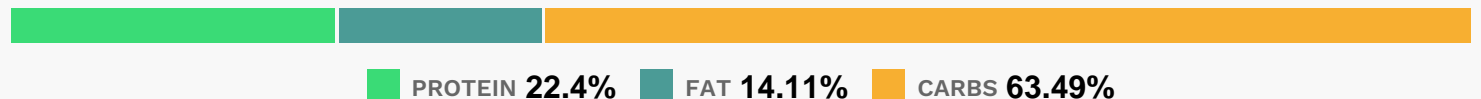
Equipment

- bowl
- pot

Directions

- Add the onions, carrots, and celery and cook until onions soften.
- Add the water and all remaining ingredients except nutritional yeast, parsley, and miso. Reduce heat to medium-low, cover, and cook until vegetables are tender and broth is flavorful (at least 30 minutes). Stir in the nutritional yeast and parsley.
- Place the miso in a small bowl and add some of the hot broth a little at a time, stirring, until the miso is dissolved in the broth.
- Add the miso broth back to the pot.
- Add salt to taste and serve.

Nutrition Facts



Properties

Glycemic Index:69.32, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:19.828695630169%

Flavonoids

Apigenin: 5.81mg, Apigenin: 5.81mg, Apigenin: 5.81mg, Apigenin: 5.81mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 175.56kcal (8.78%), Fat: 2.89g (4.45%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 19.86g (7.22%), Sugar: 4.98g (5.53%), Cholesterol: 0mg (0%), Sodium: 517.71mg (22.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Vitamin K: 80.18µg (76.36%), Vitamin A: 3751.15IU (75.02%), Manganese: 1.19mg (59.58%), Fiber: 9.41g (37.64%), Folate: 120.06µg (30.01%), Vitamin B6: 0.51mg (25.7%), Vitamin C: 21.13mg (25.62%), Copper: 0.35mg (17.44%), Iron: 2.94mg (16.32%), Phosphorus: 156.11mg (15.61%), Potassium: 504.25mg (14.41%), Magnesium: 55.18mg (13.79%), Calcium: 94.5mg (9.45%), Zinc: 1.41mg (9.37%), Vitamin B1: 0.12mg (8.12%), Vitamin B5: 0.54mg (5.38%), Selenium: 3.48µg (4.98%), Vitamin B2: 0.08mg (4.97%), Vitamin B3: 0.72mg (3.62%), Vitamin E: 0.4mg (2.64%)