



Cabbage Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



153 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons olive oil extra virgin
- 1 teaspoon butter
- 0.5 teaspoon ground coriander (or)
- 0.5 teaspoon fennel powder (or)
- 0.3 teaspoon ground cumin (or)
- 1.3 cups onion chopped
- 0.5 teaspoon veggie broth (more or less depending on the saltiness of your stock)
- 15 ounce canned tomatoes whole peeled canned

- 4 cups chicken stock see
- 4 servings pepper black freshly ground

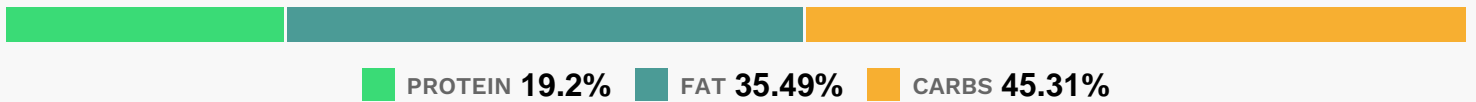
Equipment

- pot
- mortar and pestle

Directions

- Grind spices if using whole spices: If using whole spices (coriander, fennel, cumin), grind them in a mortar and pestle or in a spice grinder until well ground.
- Heat olive oil and butter in a 4-quart, thick bottomed pot on medium heat.
- Add the chopped onion and stir in the ground spices. Cook until the onions have softened, about 5 minutes.
- Add the sliced cabbage to the pot and stir to mix the cabbage with the onions. If you are using unsalted stock, sprinkle the cabbage with 1/2 teaspoon of salt.
- Add the canned whole tomatoes, with their juices, to the pot. Stir to combine.
- Add chicken stock to the pot. Bring to a simmer and taste for salt.
- Add more salt to taste. Lower the heat and cover the pot.
- Let simmer for 20 to 25 minutes or until the cabbage is thoroughly cooked.
- Sprinkle with freshly ground black pepper to serve.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:10.707826061417%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.68mg, Quercetin:

10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg

Nutrients (% of daily need)

Calories: 153.47kcal (7.67%), Fat: 6.19g (9.53%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 15.63g (5.69%), Sugar: 8.45g (9.39%), Cholesterol: 9.89mg (3.3%), Sodium: 508.34mg (22.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Manganese: 1.13mg (56.53%), Vitamin B3: 4.63mg (23.17%), Vitamin C: 14.18mg (17.19%), Vitamin B2: 0.28mg (16.34%), Vitamin B6: 0.33mg (16.26%), Potassium: 536.15mg (15.32%), Copper: 0.23mg (11.49%), Vitamin B1: 0.16mg (10.43%), Phosphorus: 102.82mg (10.28%), Iron: 1.83mg (10.17%), Fiber: 2.16g (8.62%), Selenium: 5.73µg (8.18%), Folate: 30.07µg (7.52%), Vitamin E: 1.13mg (7.51%), Magnesium: 28.74mg (7.18%), Calcium: 58.35mg (5.83%), Vitamin K: 5.22µg (4.98%), Zinc: 0.6mg (3.99%), Vitamin A: 167.62IU (3.35%), Vitamin B5: 0.19mg (1.9%)