



HEALTH SCORE

63%

Cabbage Soup II



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barley
- ☐ 1 medium head cabbage shredded
- ☐ 6 carrots chopped
- ☐ 4 stalks celery chopped
- ☐ 87 ounce chicken broth canned
- ☐ 2 cups ham diced
- ☐ 1 tablespoon parsley dried
- ☐ 2 cloves garlic minced

☐ 1 onion chopped

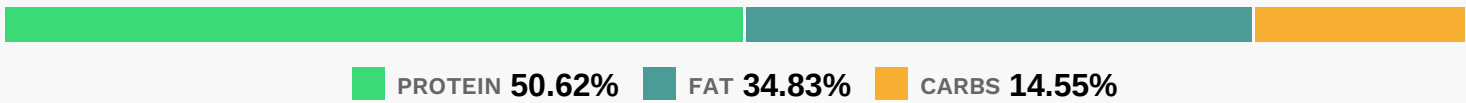
Equipment

☐ pot

Directions

☐ Place the chicken broth, celery, carrots, onion, garlic, cabbage, barley, ham and parsley in a large pot over high heat. Bring to a boil, reduce heat to low and simmer for 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:35.97, Glycemic Load:7.82, Inflammation Score:-10, Nutrition Score:44.5139131857%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 15.89mg, Apigenin: 15.89mg, Apigenin: 15.89mg, Apigenin: 15.89mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 931.84kcal (46.59%), Fat: 35.39g (54.45%), Saturated Fat: 9.42g (58.86%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 24.28g (8.83%), Sugar: 9.7g (10.78%), Cholesterol: 225.89mg (75.3%), Sodium: 2571.62mg (111.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 115.74g (231.48%), Vitamin A: 11196.58IU (223.93%), Vitamin K: 145.29µg (138.37%), Selenium: 82.32µg (117.6%), Vitamin C: 61.9mg (75.03%), Zinc: 11.22mg (74.77%), Phosphorus: 744.81mg (74.48%), Vitamin B12: 4.11µg (68.51%), Vitamin B3: 11.67mg (58.36%), Vitamin B6: 1.16mg (57.94%), Iron: 7.22mg (40.09%), Manganese: 0.73mg (36.39%), Potassium: 1259.76mg (35.99%), Fiber: 8.99g (35.97%), Vitamin B2: 0.58mg (34.11%), Magnesium: 130.33mg (32.58%), Folate: 101.51µg (25.38%), Copper: 0.36mg (18.01%), Vitamin B1: 0.25mg (16.55%), Calcium: 163.77mg (16.38%), Vitamin E: 2.14mg (14.26%), Vitamin B5: 0.63mg (6.28%), Vitamin D: 0.41µg (2.74%)