



Caribou Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 2 carrots scrubbed chopped
- ☐ 3 large cloves garlic chopped
- ☐ 0.5 onion diced
- ☐ 2 cups potatoes cubed
- ☐ 20 servings salt and pepper to taste
- ☐ 20 servings water to cover

☐ 1.5 cups rice white uncooked

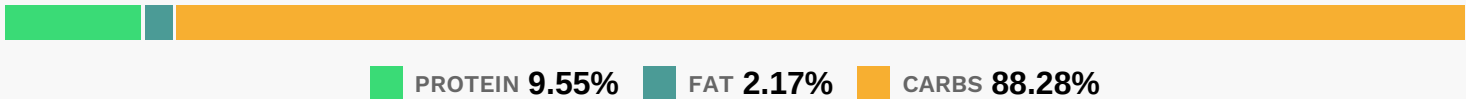
Equipment

☐ pot

Directions

- ☐ Place the caribou in a 12-quart stockpot with enough water to cover by 2 inches; add the potatoes, tomatoes, garlic, carrots, onion, bay leaf, and crushed red pepper. Season with salt and pepper, and bring the mixture to a boil over medium-high heat.
- ☐ Add the rice and reduce heat to medium-low. Continue cooking until the rice is tender, about 40 minutes.
- ☐ Remove bay leaf to serve.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:10.08, Inflammation Score:-6, Nutrition Score:4.4482608670774%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 77.68kcal (3.88%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.99g (5.82%), Sugar: 1.5g (1.66%), Cholesterol: 0mg (0%), Sodium: 239.1mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin A: 1064.08IU (21.28%), Manganese: 0.24mg (12.07%), Vitamin C: 6.73mg (8.16%), Copper: 0.13mg (6.7%), Vitamin B6: 0.13mg (6.65%), Potassium: 189.99mg (5.43%), Fiber: 1.26g (5.04%), Magnesium: 15.91mg (3.98%), Phosphorus: 38.13mg (3.81%), Vitamin B3: 0.76mg (3.8%), Selenium: 2.37µg (3.38%), Iron: 0.58mg (3.21%), Vitamin B1: 0.05mg (3.21%), Vitamin B5: 0.28mg (2.83%), Calcium: 24.11mg (2.41%), Vitamin K: 2.33µg (2.22%), Folate: 8.85µg (2.21%), Zinc: 0.32mg (2.11%), Vitamin E: 0.32mg (2.1%), Vitamin B2: 0.03mg (1.71%)