



Carrot, Potato, and Cabbage Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



243 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large carrots thinly sliced
- 6 cups chicken stock see
- 0.3 teaspoon basil dried
- 1 teaspoon parsley dried
- 0.3 teaspoon thyme leaves dried
- 2 cloves garlic smashed
- 0.3 medium head cabbage green thinly sliced
- 6 servings ground pepper black to taste

- 1 tablespoon olive oil
- 1 large onion thinly sliced
- 2 large potatoes thinly sliced
- 1 teaspoon salt

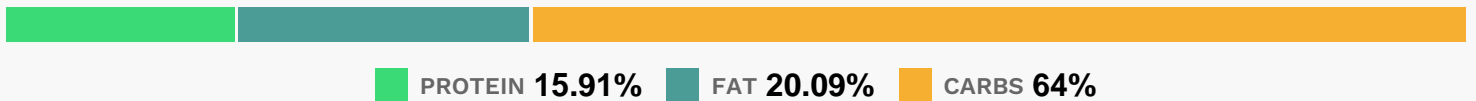
Equipment

- pot
- blender

Directions

- Combine the carrots, potatoes, onion, cabbage, garlic, chicken stock, olive oil, thyme, basil, parsley, salt, and pepper in a stock pot over medium-high heat; bring to a simmer and cook until the carrots are tender, about 20 minutes.
- Transfer to a blender in small batches and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:43.93, Glycemic Load:18.42, Inflammation Score:-10, Nutrition Score:20.154347689255%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg
 Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 242.88kcal (12.14%), Fat: 5.52g (8.49%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 34.04g (12.38%), Sugar: 9.31g (10.35%), Cholesterol: 7.2mg (2.4%), Sodium: 779.46mg (33.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Vitamin A: 8068.97IU (161.38%), Vitamin C: 43.59mg (52.84%), Vitamin K: 41.25µg (39.28%), Vitamin B6: 0.67mg (33.3%), Potassium: 1031.57mg (29.47%), Vitamin B3: 5.69mg (28.46%), Fiber: 5.5g (22.01%), Manganese: 0.39mg (19.45%), Vitamin B2: 0.3mg (17.38%), Phosphorus: 170.76mg (17.08%), Vitamin B1: 0.25mg (16.74%), Folate: 62.14µg (15.53%), Copper: 0.31mg (15.35%),

Magnesium: 51.58mg (12.89%), Iron: 1.97mg (10.96%), Selenium: 6.09µg (8.7%), Calcium: 63.11mg (6.31%), Zinc: 0.94mg (6.26%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.81mg (5.4%)