

health-score100%

HEALTH SCORE

Cindy's Snappy Sensational Superfood Soup

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

505 min.

SERVINGS

servings

2

CALORIES

calories

363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon basil fresh chopped
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground turmeric
- ☐ 0.3 teaspoon paprika
- ☐ 3 potatoes yellow cubed klondike goldust® such as
- ☐ 2 servings sea salt and ground pepper black to taste
- ☐ 2 turnips diced
- ☐ 2 servings water to cover

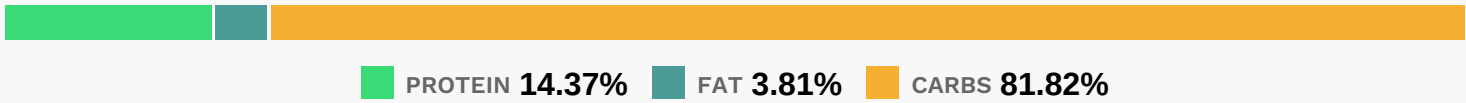
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine the potatoes, spinach, carrots, turnips, garlic, and lentils in a slow cooker.
- ☐ Pour enough water over the mixture to cover.
- ☐ In a bowl, stir the fresh basil, chili powder, cinnamon, dried basil, paprika, turmeric, cayenne pepper, ground ginger, sea salt, and black pepper; stir into the slow cooker.
- ☐ Cover the cooker, and cook on High for 8 hours.

Nutrition Facts



Properties

Glycemic Index:196.29, Glycemic Load:47.73, Inflammation Score:-10, Nutrition Score:45.158261050349%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 363.45kcal (18.17%), Fat: 1.64g (2.52%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 79.21g (26.4%), Net Carbohydrates: 63.05g (22.93%), Sugar: 11.63g (12.93%), Cholesterol: 0mg (0%), Sodium: 284.91mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Vitamin A: 29131IU (582.62%), Vitamin K: 546.89µg (520.84%), Vitamin C: 102.16mg (123.83%), Manganese: 1.97mg (98.61%), Vitamin B6: 1.49mg (74.3%), Folate: 289.8µg (72.45%), Potassium: 2355.26mg (67.29%), Fiber: 16.16g (64.66%), Magnesium: 209.2mg (52.3%), Copper: 0.75mg (37.75%), Iron: 6.28mg (34.92%), Vitamin E: 5.17mg (34.49%), Vitamin B1: 0.5mg (33.23%), Phosphorus: 321.96mg (32.2%), Calcium: 307mg (30.7%), Vitamin B2: 0.52mg (30.53%), Vitamin B3: 5.49mg (27.47%), Selenium: 11.35µg (16.22%), Zinc: 2.38mg (15.87%), Vitamin B5: 1.57mg (15.65%)