



Cool Vegan Spinach Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 t agave nectar raw
- ☐ 1 t apple cider vinegar
- ☐ 1 dash cayenne pepper
- ☐ 1 T basil dried
- ☐ 1.5 t thyme leaves dried
- ☐ 1 clove garlic
- ☐ 0.3 cup manitoba harvest cold-pressed hemp seed oil
- ☐ 1.5 T miso paste

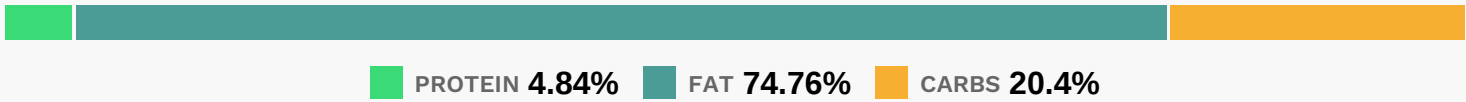
- ☐ 1 pinch nutmeg
- ☐ 1 t onion powder
- ☐ 0.8 cup orange juice fresh
- ☐ 3 cup pkt spinach fresh packed
- ☐ 1 cup water
- ☐ 1 zucchini chopped

Equipment

Directions

- ☐ Blend everything together until creamy.For extra pizzazz, serve this delicious soup garnished with sprouts

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:15.195652182983%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 225.58kcal (11.28%), Fat: 19.32g (29.72%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 9.65g (3.51%), Sugar: 6.95g (7.72%), Cholesterol: 0mg (0%), Sodium: 264.79mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin K: 141.43µg (134.7%), Vitamin C: 39.31mg (47.65%), Vitamin A: 2345.42IU (46.91%), Manganese: 0.53mg (26.63%), Folate: 76.64µg (19.16%), Iron: 2.75mg (15.29%), Potassium: 404.97mg (11.57%), Magnesium: 45.96mg (11.49%), Vitamin B6: 0.19mg (9.58%), Fiber: 2.21g (8.84%), Vitamin B2: 0.14mg (8.09%), Calcium: 80.02mg (8%), Copper: 0.15mg (7.44%), Vitamin B1: 0.1mg (6.57%), Phosphorus: 55.63mg (5.56%), Vitamin E: 0.72mg (4.81%), Zinc: 0.62mg (4.14%), Vitamin B3: 0.73mg (3.67%), Vitamin B5: 0.24mg (2.43%), Selenium: 1.1µg (1.58%)