



Country-French Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup chickpeas canned drained (garbanzo beans)
- ☐ 1 teaspoon caraway seeds
- ☐ 1 cup carrots sliced ()
- ☐ 1 cup celery sliced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 cups cabbage green chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 1 cup potatoes diced red
- ☐ 29 ounce vegetable broth fresh canned
- ☐ 1 cup water
- ☐ 2 teaspoons or dried fresh chopped

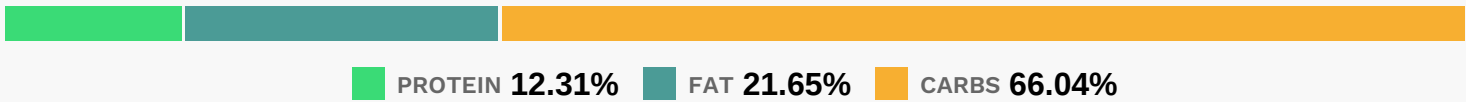
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat until hot.
- ☐ Add cabbage and next 5 ingredients (cabbage through caraway seeds); saut 2 minutes.
- ☐ Add water and broth; bring to a boil. Reduce heat; cover and simmer 30 minutes.
- ☐ Add chickpeas, parsley, dill, and pepper; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:74.79, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:16.036521621372%

Flavonoids

Apigenin: 5.06mg, Apigenin: 5.06mg, Apigenin: 5.06mg, Apigenin: 5.06mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 122.84kcal (6.14%), Fat: 3.14g (4.83%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 16.17g (5.88%), Sugar: 6.68g (7.42%), Cholesterol: 0mg (0%), Sodium: 994.96mg (43.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin A: 6140.55IU (122.81%), Vitamin K: 73.34µg (69.85%), Manganese: 0.6mg (30.13%), Vitamin C: 23.11mg (28.01%), Fiber: 5.36g (21.46%), Vitamin B6: 0.39mg (19.65%), Folate: 54.58µg (13.64%), Potassium: 468.02mg (13.37%), Phosphorus: 89.31mg (8.93%), Magnesium:

35.58mg (8.89%), Iron: 1.52mg (8.45%), Calcium: 78.11mg (7.81%), Copper: 0.16mg (7.81%), Vitamin B1: 0.1mg (6.7%), Vitamin B5: 0.46mg (4.59%), Vitamin B2: 0.08mg (4.44%), Zinc: 0.66mg (4.4%), Vitamin E: 0.66mg (4.4%), Vitamin B3: 0.85mg (4.27%), Selenium: 1.43µg (2.04%)