



## Creamy Edamame Arugula Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup baby arugula leaves packed
- 1 teaspoon soybean oil (often labeled "vegetable oil")
- 3 cups edamame frozen shelled ()
- 0.3 teaspoon ground pepper black
- 2 cups chicken broth low-sodium
- 1 small onion diced
- 0.5 teaspoon salt to taste
- 1 cup soymilk plain

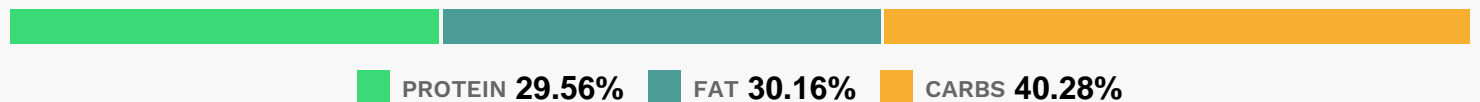
## Equipment

- food processor
- bowl
- sauce pan
- ladle

## Directions

- Heat soybean oil in large saucepan over medium heat.
- Add onions and cook for 2 to 3 minutes, until soft.
- Add edamame and broth; simmer for 5 to 6 minutes, until just tender.
- Place mixture in food processor; add soymilk and arugula. Process 1 minute, or until smooth.
- Return to saucepan.
- Heat over medium heat, stirring occasionally, until soup begins to simmer. Ladle into bowls; top with yogurt, if desired.
- Thin soup with additional vegetable broth as needed.

## Nutrition Facts



## Properties

Glycemic Index:20.74, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:5.7260870363401%

## Flavonoids

Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 132.62kcal (6.63%), Fat: 4.51g (6.94%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 10.14g (3.69%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 238.44mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Potassium: 487.59mg (13.93%), Fiber: 3.43g (13.71%), Iron: 2.44mg (13.55%), Calcium: 127.72mg (12.77%), Vitamin B3: 2.4mg (11.99%), Vitamin B12: 0.5µg (8.39%), Vitamin E:

1.07mg (7.13%), Vitamin B2: 0.11mg (6.36%), Vitamin B6: 0.12mg (5.81%), Vitamin C: 4.2mg (5.09%), Vitamin K: 5.2µg (4.95%), Copper: 0.1mg (4.84%), Vitamin A: 234.37IU (4.69%), Folate: 18.05µg (4.51%), Vitamin D: 0.47µg (3.15%), Phosphorus: 28.85mg (2.88%), Vitamin B1: 0.03mg (2.09%), Manganese: 0.04mg (1.84%), Zinc: 0.21mg (1.4%), Selenium: 0.98µg (1.4%)