



Creamy Quinoa and Vegetable Soup

 **Gluten Free**

READY IN



25 min.

SERVINGS



2

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 5 ounce evaporated milk canned
- ☐ 1 cup green beans fresh trimmed cut into 1 inch pieces
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 green onions chopped
- ☐ 0.5 cup quinoa
- ☐ 1 pinch salt and pepper to taste

☐ 0.5 cup water

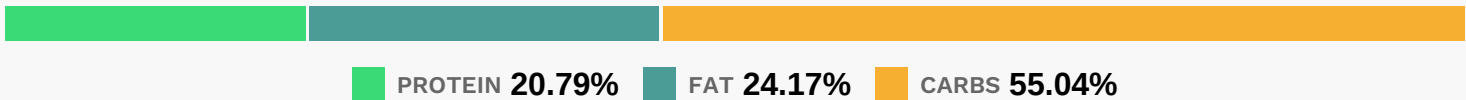
Equipment

☐ sauce pan

Directions

☐ Bring the beef broth, water, and quinoa to a boil in a saucepan. Reduce heat to medium, cover, and cook 5 minutes. Stir in the green onions, mushrooms, green beans, and tarragon; continue cooking until the green beans are tender, about 5 minutes. Stir in the evaporated milk, and season to taste with salt and pepper. Simmer 2 more minutes until heated through.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:26.809999880583%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 330.36kcal (16.52%), Fat: 9.2g (14.16%), Saturated Fat: 3.96g (24.75%), Carbohydrates: 47.16g (15.72%), Net Carbohydrates: 39.26g (14.27%), Sugar: 11.98g (13.31%), Cholesterol: 20.55mg (6.85%), Sodium: 1482.68mg (64.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.63%), Manganese: 1.42mg (70.81%), Vitamin K: 61.34µg (58.41%), Phosphorus: 482.66mg (48.27%), Magnesium: 152.63mg (38.16%), Folate: 141.54µg (35.38%), Vitamin B2: 0.55mg (32.46%), Fiber: 7.91g (31.63%), Copper: 0.61mg (30.73%), Calcium: 306.79mg (30.68%), Iron: 5.34mg (29.69%), Potassium: 1001.34mg (28.61%), Vitamin B3: 5.27mg (26.37%), Vitamin B6: 0.51mg (25.42%), Vitamin B1: 0.35mg (23.42%), Zinc: 3.02mg (20.16%), Vitamin B5: 1.89mg (18.85%), Vitamin A: 881.3IU (17.63%), Selenium: 12.16µg (17.38%), Vitamin C: 13.19mg (15.99%), Vitamin E: 1.49mg (9.91%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.3µg (1.98%)