

 100%
HEALTH SCORE

Creamy Spinach and Zucchini Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



171 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup enoki mushrooms fresh sliced
- ☐ 4 servings ground pepper black to taste
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 large onion chopped
- ☐ 3 potatoes chopped
- ☐ 2 cups tightly spinach leaves packed
- ☐ 6 cups water divided
- ☐ 3 zucchini sliced

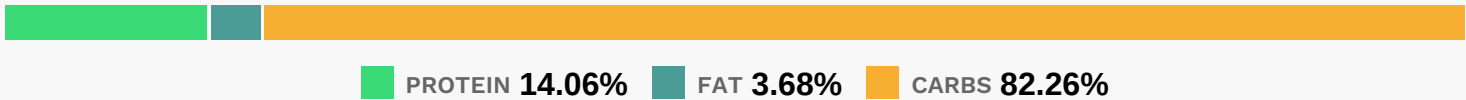
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine onion and 1/2 cup water in a large saucepan over medium-high heat; cook and stir until onion softens, about 3 minutes.
- ☐ Pour remaining water into saucepan; add potatoes, zucchini, and soy sauce. Bring the water to a boil, reduce heat to low, place a cover on the saucepan, and cook for 35 minutes.
- ☐ Stir spinach into the soup; season with black pepper. Continue cooking another 2 minutes; remove saucepan from heat.
- ☐ Blend soup in batches in a blender until completely pureed. Return pureed soup to saucepan and place over medium-low heat.
- ☐ Stir mushrooms into pureed soup; cook until the mushrooms are warmed through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:21.75, Inflammation Score:-9, Nutrition Score:21.618695799747%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg

Nutrients (% of daily need)

Calories: 170.98kcal (8.55%), Fat: 0.74g (1.14%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 31.09g (11.3%), Sugar: 6.61g (7.34%), Cholesterol: 0mg (0%), Sodium: 196.62mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin C: 64.77mg (78.51%), Vitamin K: 82.12µg (78.21%), Vitamin B6: 0.8mg (39.86%), Manganese: 0.72mg (36.07%), Potassium: 1229.52mg (35.13%), Vitamin A: 1705.04IU (34.1%), Folate: 101.44µg (25.36%), Fiber: 6.15g (24.61%), Magnesium: 86.15mg (21.54%), Phosphorus: 177.63mg

(17.76%), Copper: 0.35mg (17.52%), Vitamin B1: 0.24mg (15.79%), Vitamin B3: 2.93mg (14.63%), Vitamin B2: 0.25mg (14.61%), Iron: 2.4mg (13.34%), Vitamin B5: 0.92mg (9.16%), Zinc: 1.18mg (7.87%), Calcium: 78.45mg (7.85%), Vitamin E: 0.52mg (3.48%), Selenium: 1.25µg (1.79%)