



Creamy Vegetable Soup (Crema de Verduras)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots peeled sliced
- ☐ 0.5 cup cilantro leaves plus more for garnish chopped
- ☐ 1 cup regular corn
- ☐ 0.5 teaspoon cumin
- ☐ 1 garlic clove minced
- ☐ 1 cup green beans
- ☐ 1 tablespoon oil
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon paprika
- ☐ 1 cup peas
- ☐ 2 large potatoes diced peeled
- ☐ 6 servings salt and pepper
- ☐ 1 scallion chopped
- ☐ 6 cups vegetable stock

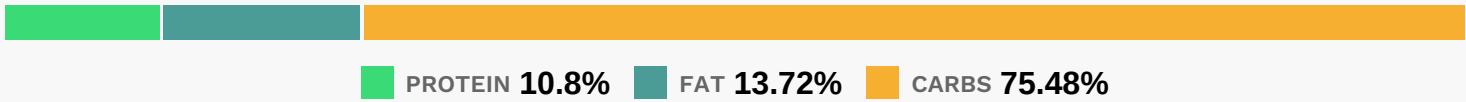
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat the oil in a large pot over medium heat.
- ☐ Add the onion, scallions, garlic and cook for about 5 minutes, while stirring.
- ☐ Add the remaining ingredients and mix well. Reduce the heat to medium, cover and simmer for about 45 minutes or until all the vegetables are cooked.Working in batches, puree soup in blender until smooth and return soup to saucepan. Bring soup to simmer, correct seasonings adding salt and pepper, to taste.Ladle soup into bowls. Top with 1 tablespoon of heavy cream and garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:77.07, Glycemic Load:22.03, Inflammation Score:-10, Nutrition Score:16.742173708003%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 193.44kcal (9.67%), Fat: 3.1g (4.77%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 32.19g (11.71%), Sugar: 7.7g (8.56%), Cholesterol: 0mg (0%), Sodium: 1159.71mg (50.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin A: 4473.21IU (89.46%), Vitamin C: 40.64mg (49.26%), Vitamin K: 29.14µg (27.75%), Vitamin B6: 0.52mg (26.15%), Fiber: 6.17g (24.66%), Potassium: 777.26mg (22.21%), Manganese: 0.44mg (22.1%), Vitamin B1: 0.23mg (15.05%), Folate: 55.96µg (13.99%), Phosphorus: 137.42mg (13.74%), Magnesium: 53.08mg (13.27%), Vitamin B3: 2.64mg (13.18%), Copper: 0.22mg (11.19%), Iron: 1.92mg (10.65%), Vitamin B2: 0.13mg (7.49%), Vitamin B5: 0.72mg (7.22%), Zinc: 0.97mg (6.45%), Vitamin E: 0.79mg (5.24%), Calcium: 43.42mg (4.34%), Selenium: 1.17µg (1.67%)