






 **64%**  
HEALTH SCORE

# Diet Soup

 Dairy Free  Very Healthy

READY IN  
  
**50 min.**

SERVINGS  
  
**8**

CALORIES  
  
**94 kcal**

**SOUP** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 medium head cabbage chopped
- 3 large carrots chopped
- 3 stalks celery chopped
- 2 ounce onion soup mix dry
- 16 ounces green beans frozen
- 1 onion chopped
- 3 tomatoes chopped
- 6 cups water

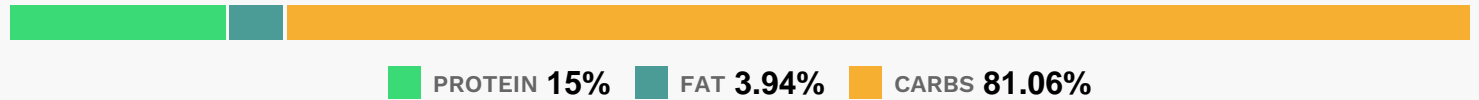
# Equipment

pot

# Directions

Combine water, soup mix, and vegetables in a large stock pot. Bring to a boil. Reduce heat, and simmer until the vegetables are tender.

# Nutrition Facts



# Properties

Glycemic Index:29.23, Glycemic Load:4.44, Inflammation Score:-10, Nutrition Score:20.523043331893%

# Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

# Nutrients (% of daily need)

Calories: 93.69kcal (4.68%), Fat: 0.46g (0.71%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 14.64g (5.32%), Sugar: 9.09g (10.1%), Cholesterol: 0mg (0%), Sodium: 635.38mg (27.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin K: 122.4µg (116.57%), Vitamin A: 5465.98IU (109.32%), Vitamin C: 58.09mg (70.42%), Fiber: 6.62g (26.48%), Manganese: 0.48mg (23.78%), Folate: 87.58µg (21.89%), Vitamin B6: 0.36mg (18.18%), Potassium: 618.48mg (17.67%), Vitamin B1: 0.18mg (11.99%), Magnesium: 45.16mg (11.29%), Calcium: 104.52mg (10.45%), Vitamin B2: 0.16mg (9.44%), Phosphorus: 94.12mg (9.41%), Copper: 0.16mg (8.2%), Iron: 1.47mg (8.17%), Vitamin B3: 1.39mg (6.95%), Vitamin B5: 0.6mg (5.97%), Vitamin E: 0.88mg (5.88%), Zinc: 0.62mg (4.16%), Selenium: 1.19µg (1.7%)