



Easy Chinese Cabbage Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



68 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head cabbage chinese cut into strips
- ☐ 3 Tbs goji berries
- ☐ 1.5 cups chicken stock see low sodium
- ☐ 2 servings pepper powder white
- ☐ 2 servings salt

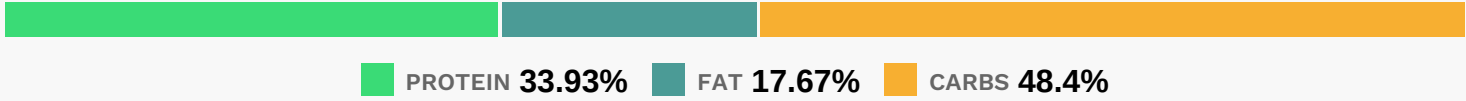
Equipment

- ☐ pot

Directions

☐ Place chicken stock into a pot and bring to boil.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:8.9604347659194%

Nutrients (% of daily need)

Calories: 67.84kcal (3.39%), Fat: 1.58g (2.43%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 9.22g (3.35%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 277.79mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Manganese: 0.65mg (32.75%), Folate: 120.6µg (30.15%), Copper: 0.38mg (18.87%), Vitamin B3: 3.73mg (18.67%), Iron: 2.73mg (15.18%), Vitamin A: 736.4IU (14.73%), Vitamin C: 9.38mg (11.37%), Potassium: 397.32mg (11.35%), Phosphorus: 109.82mg (10.98%), Calcium: 93.7mg (9.37%), Vitamin B2: 0.13mg (7.39%), Magnesium: 25.98mg (6.49%), Vitamin B6: 0.12mg (6.16%), Zinc: 0.59mg (3.95%), Vitamin B12: 0.18µg (2.95%), Fiber: 0.52g (2.1%), Selenium: 1.18µg (1.69%)