



WHATSheATE



HEALTH SCORE

52%

End-of-Summer Vegetable Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.5 ounce cannellini beans drained and rinsed canned
- ☐ 2 cups corn kernels frozen (cut from 2 ears, or)
- ☐ 6 servings freeze strawberries
- ☐ 0.5 pound green beans cut into bite-size pieces
- ☐ 6 servings salt and pepper
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 medium onion finely chopped
- ☐ 1 large to 3 sized squashes yellow cut into bite-size pieces

1 large zucchini cut into bite-size pieces

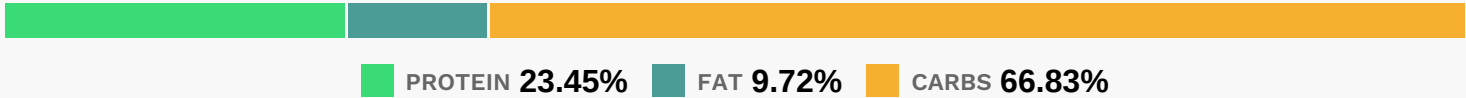
Equipment

- bowl
- sauce pan

Directions

- In a large bowl, combine the broth, cannellini beans, zucchini, yellow squash, green beans, corn, onion, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Divide the mixture among freezer-safe containers. Freeze until ready to cook, up to 3 months. Cook ItFrozen soup mixture1/4 cup fresh dill sprigs
- Transfer the frozen soup mixture to a saucepan. Simmer over medium heat, partially covered, for 10 minutes. Uncover and simmer until the vegetables are tender, 4 to 5 minutes. Stir in the dill.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:5.4, Inflammation Score:-7, Nutrition Score:16.48739129564%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 186kcal (9.3%), Fat: 2.19g (3.38%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 26.76g (9.73%), Sugar: 8.05g (8.95%), Cholesterol: 0mg (0%), Sodium: 365.1mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.82%), Vitamin C: 37.85mg (45.88%), Manganese: 0.73mg (36.74%), Fiber: 7.18g (28.73%), Folate: 112.32µg (28.08%), Potassium: 941.4mg (26.9%), Vitamin K: 22.38µg (21.31%), Iron: 3.7mg (20.58%), Phosphorus: 199.59mg (19.96%), Magnesium: 76.16mg (19.04%), Vitamin B6: 0.37mg (18.56%), Vitamin B3: 3.59mg (17.94%), Copper: 0.36mg (17.88%), Vitamin B2: 0.29mg (17.31%), Vitamin B1: 0.18mg (12%), Zinc: 1.6mg (10.69%), Vitamin A: 501.12IU (10.02%), Calcium: 96.63mg (9.66%), Vitamin B5: 0.63mg (6.3%), Vitamin E: 0.92mg (6.1%), Selenium: 2.03µg (2.91%), Vitamin B12: 0.16µg (2.62%)