



Finnish Summer Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 baby carrots
- 2 tablespoons butter
- 3 tablespoons flour all-purpose
- 1.5 pounds green beans fresh cut into 1-inch lengths
- 6 cups green onions cut into 3 inch lengths
- 2 cups peas fresh green shelled
- 0.1 teaspoon ground pepper black
- 2 cups half-and-half

- 5 small potatoes peeled halved
- 1 teaspoon salt
- 2 cups water

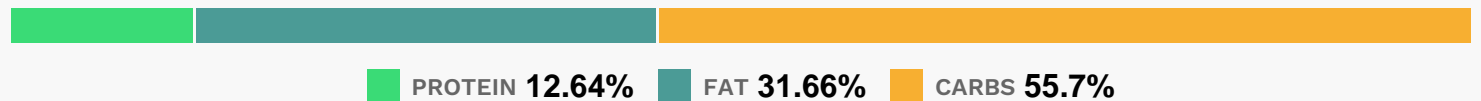
Equipment

- bowl
- pot

Directions

- Heat water to boiling in a medium pot; add potatoes. Reduce heat and simmer until potatoes are tender, approximately 15 to 20 minutes.
- Add salt, pepper, butter, onions, carrots and green beans; simmer until tender then add peas.
- In a small bowl, stir together half-and-half and flour until smooth; stir into the simmering vegetables. Cook, stirring constantly until the soup is slightly thickened.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:90.77, Glycemic Load:38.7, Inflammation Score:-10, Nutrition Score:43.826521686886%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 4.51mg, Kaempferol: 4.51mg, Kaempferol: 4.51mg, Kaempferol: 4.51mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 22.15mg, Quercetin: 22.15mg, Quercetin: 22.15mg, Quercetin: 22.15mg

Nutrients (% of daily need)

Calories: 562.91kcal (28.15%), Fat: 20.83g (32.04%), Saturated Fat: 12.36g (77.25%), Carbohydrates: 82.44g (27.48%), Net Carbohydrates: 64.1g (23.31%), Sugar: 21.25g (23.62%), Cholesterol: 57.4mg (19.13%), Sodium: 780.21mg (33.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.71g (37.41%), Vitamin K: 410.66µg (391.11%), Vitamin A: 7968.66IU (159.37%), Vitamin C: 121.68mg (147.49%), Fiber: 18.34g (73.35%), Manganese:

1.32mg (66.21%), Folate: 255.5µg (63.88%), Potassium: 2083.9mg (59.54%), Vitamin B6: 1.18mg (58.78%), Phosphorus: 450.77mg (45.08%), Vitamin B1: 0.67mg (44.98%), Vitamin B2: 0.74mg (43.32%), Magnesium: 163.11mg (40.78%), Iron: 7.3mg (40.53%), Calcium: 360.34mg (36.03%), Copper: 0.67mg (33.41%), Vitamin B3: 6.43mg (32.13%), Zinc: 3.09mg (20.61%), Vitamin B5: 1.7mg (17.03%), Selenium: 9.99µg (14.27%), Vitamin E: 2.11mg (14.05%), Vitamin B12: 0.24µg (4.03%)