



Four Lily Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



257 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 2.5 cups chicken stock see
- ☐ 5 g thyme leaves fresh
- ☐ 1 bulb garlic – whole peeled
- ☐ 130 g potatoes coarsely chopped
- ☐ 130 g onion red cut into wedges ()
- ☐ 2 servings salt
- ☐ 130 g shallots cut into wedges (6)

130 g onions sweet cut into wedges ()

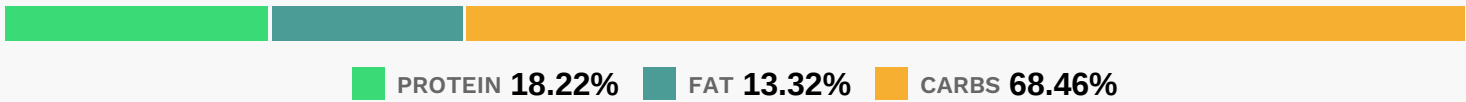
Equipment

oven

Directions

Preheat the oven to 220°C.

Nutrition Facts



Properties

Glycemic Index:123.88, Glycemic Load:12.57, Inflammation Score:-10, Nutrition Score:15.016956754353%

Flavonoids

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 23.11mg, Quercetin: 23.11mg, Quercetin: 23.11mg, Quercetin: 23.11mg

Nutrients (% of daily need)

Calories: 256.66kcal (12.83%), Fat: 3.89g (5.99%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 45.02g (15.01%), Net Carbohydrates: 39.41g (14.33%), Sugar: 16.4g (18.22%), Cholesterol: 9mg (3%), Sodium: 642.79mg (27.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin B6: 0.79mg (39.45%), Vitamin C: 31.01mg (37.58%), Vitamin B3: 5.77mg (28.87%), Potassium: 1000.61mg (28.59%), Manganese: 0.5mg (25.19%), Fiber: 5.61g (22.43%), Phosphorus: 198.55mg (19.86%), Vitamin B2: 0.33mg (19.59%), Folate: 75.99µg (19%), Copper: 0.37mg (18.55%), Vitamin B1: 0.26mg (17.12%), Iron: 2.7mg (14.98%), Magnesium: 57.5mg (14.38%), Selenium: 8.44µg (12.06%), Calcium: 82.2mg (8.22%), Zinc: 1.13mg (7.52%), Vitamin B5: 0.55mg (5.45%), Vitamin K: 3µg (2.86%), Vitamin A: 134.31IU (2.69%)