

## Garden Vegetable and Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cabbage chopped
- 2 cups cannellini beans (white drained and rinsed or any beans) canned
- 2 carrots diced peeled
- 1.5 teaspoons basil dried
- 4 teaspoons garlic clove minced
- 0.5 pound green beans frozen
- 1 large onion diced
- 1.5 teaspoons oregano dried

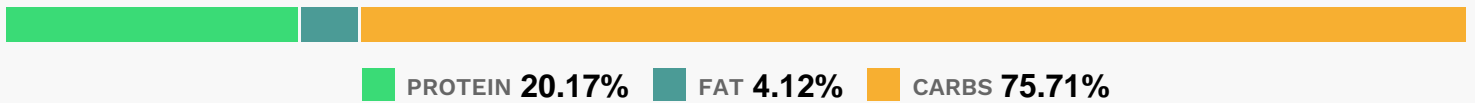
- 8 servings pepper black generous
- 1 teaspoon salt
- 2 tablespoons tomato paste
- 6 cups vegetable stock fat-free (but I used Imagine Un-Chicken broth)
- 1 large zucchini diced

## Equipment

## Directions

- Add all the remaining ingredients EXCEPT the zucchini and cannellini beans and bring to a boil. Cover, reduce the heat to medium and simmer for about 15 minutes or until the beans are tender.
- Add the zucchini and cannellini and cook until the zucchini are tender.

## Nutrition Facts



## Properties

Glycemic Index:41.98, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:16.793043696362%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

## Nutrients (% of daily need)

Calories: 111.82kcal (5.59%), Fat: 0.56g (0.86%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 16.11g (5.86%), Sugar: 7.29g (8.1%), Cholesterol: 0mg (0%), Sodium: 1055.1mg (45.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Vitamin A: 3325.33IU (66.51%), Vitamin K: 65.34µg (62.22%), Vitamin C: 35.67mg (43.24%), Manganese: 0.59mg (29.32%), Fiber: 6.88g (27.53%), Folate: 97.05µg (24.26%), Potassium: 568.48mg (16.24%), Vitamin B6: 0.31mg (15.27%), Phosphorus: 131.5mg (13.15%), Magnesium: 51.57mg (12.89%), Iron: 2.2mg (12.22%), Vitamin B1: 0.17mg (11.4%), Copper: 0.2mg (10.11%), Calcium: 94.05mg (9.41%), Vitamin B2: 0.14mg (8.37%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.83mg (5.5%), Vitamin B5: 0.47mg (4.7%), Vitamin E:

0.62mg (4.11%), Selenium: 2.8µg (4%)