



Garden Veggie Zucchini Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots cut into 1-inch chunks
- ☐ 8 cups chicken stock see
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 0.8 cup optional: dill fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 5 cloves garlic minced to taste
- ☐ 10 servings salt and ground pepper black to taste

- ☐ 2 small onions cut into 1-inch cubes
- ☐ 4 potatoes cut into 1-inch cubes
- ☐ 8 ounce cheddar cheese shredded
- ☐ 3 zucchini cut into 1-inch cubes

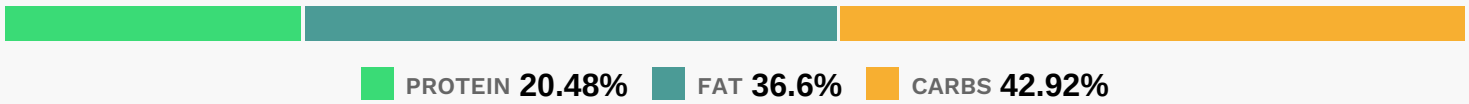
Equipment

- ☐ pot
- ☐ stove

Directions

- ☐ Combine chicken stock, potatoes, zucchini, onions, carrots, dill, basil, garlic, thyme, and rosemary in a large pot; bring to a boil. Reduce heat to medium-low and cook soup at a simmer until the vegetables are completely tender, about 40 minutes.
- ☐ Leaving pot on stove, switch heating element to off.
- ☐ Add Cheddar cheese to soup; stir until the cheese is melted. Season soup with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:39.16, Glycemic Load:12.1, Inflammation Score:-9, Nutrition Score:16.195217347663%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 252.14kcal (12.61%), Fat: 10.38g (15.97%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 24.18g (8.79%), Sugar: 6.43g (7.15%), Cholesterol: 28.44mg (9.48%), Sodium: 444.14mg (19.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Vitamin A: 2689.09IU (53.78%),

Vitamin C: 33.29mg (40.35%), Vitamin B6: 0.54mg (27.01%), Phosphorus: 240.12mg (24.01%), Potassium: 826.23mg (23.61%), Vitamin B3: 4.42mg (22.09%), Vitamin B2: 0.37mg (21.77%), Calcium: 204.85mg (20.48%), Manganese: 0.36mg (18.08%), Selenium: 11.32µg (16.17%), Folate: 52.74µg (13.18%), Copper: 0.26mg (12.93%), Fiber: 3.21g (12.83%), Vitamin B1: 0.19mg (12.55%), Magnesium: 49.85mg (12.46%), Zinc: 1.65mg (10.98%), Iron: 1.7mg (9.45%), Vitamin K: 8.18µg (7.79%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.24µg (4.01%), Vitamin E: 0.39mg (2.63%)