



Garlic Vegetable Soup

 Vegetarian  Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 medium head cabbage shredded
- 29 ounce tomatoes diced peeled canned
- 2 carrots chopped
- 2 stalks celery chopped
- 6 cups chicken broth
- 1 cup elbow macaroni
- 3 cloves garlic minced
- 0.5 teaspoon ground pepper black

2 tablespoons olive oil

3.5 cups water

Equipment

pot

Directions

Heat the oil in a large pot over medium heat.

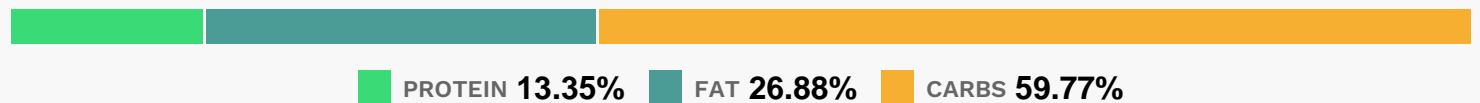
Saute the carrots, celery and cabbage in the oil for about 8 minutes, stirring well.

Raise heat to high and pour in the broth, tomatoes and water. Bring to a boil, reduce heat to low, cover and simmer for 1 hour.

Remove lid, stir in macaroni and heat for 5 minutes, or until macaroni is tender.

Remove from heat and stir in the garlic and ground black pepper.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:16.159565168878%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 187.53kcal (9.38%), Fat: 5.81g (8.94%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.16g (9.15%), Sugar: 7.26g (8.07%), Cholesterol: 4.7mg (1.57%), Sodium: 1107.98mg (48.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.99%), Vitamin A: 3659.89IU (73.2%), Vitamin K: 42.45µg (40.43%), Vitamin C: 28.67mg (34.75%), Manganese: 0.58mg (28.86%), Selenium: 16.23µg (23.19%), Fiber: 3.92g (15.68%), Vitamin B2: 0.26mg (15.56%), Potassium: 524.26mg (14.98%), Vitamin B6: 0.29mg (14.46%), Vitamin E: 1.95mg (13.02%), Copper: 0.25mg (12.35%), Iron: 2.13mg (11.83%), Vitamin B1: 0.17mg (11.63%), Vitamin B3: 2.23mg (11.15%), Phosphorus: 102.25mg (10.22%), Magnesium: 40.28mg (10.07%), Folate: 40.17µg (10.04%), Calcium: 91.59mg (9.16%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.46mg (4.63%)