



Green Soup

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices to 8 baguette french toasted
- 43.5 ounce chicken broth canned
- 1 garlic clove pressed
- 0.3 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons olive oil
- 1 small onion chopped
- 3 teaspoons parmesan cheese freshly grated
- 0.5 teaspoon pepper
- 0.3 teaspoon salt

- 4 cups pkt spinach fresh shredded
- 2 medium zucchini cubed

Equipment

- bowl
- baking sheet
- ladle
- oven
- dutch oven

Directions

- Saut chopped onion and garlic in hot olive oil in a large Dutch oven until tender.
- Add chicken broth and next 5 ingredients; bring mixture to a boil. Reduce heat, and simmer 10 minutes or until zucchini is tender.
- Sprinkle 1/2 teaspoon Parmesan cheese on each baguette slice, and place on baking sheet. Broil 5 1/2 inches from heat (with electric oven door partially open) about 3 minutes or until cheese is melted.
- Ladle soup into individual serving bowls; top each with a toast slice.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:8.38, Inflammation Score:-8, Nutrition Score:20.115651944409%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 402.38kcal (20.12%), Fat: 17.39g (26.76%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 14.75g (5.37%), Sugar: 2.79g (3.1%), Cholesterol: 78.68mg (26.23%), Sodium: 1012.64mg (44.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.99g (85.97%), Vitamin K: 81.6µg (77.71%), Selenium: 33.49µg (47.85%), Vitamin A: 1795.34IU (35.91%), Phosphorus: 299.74mg (29.97%), Zinc: 4.38mg (29.22%), Vitamin B12: 1.57µg (26.11%), Vitamin B3: 5.14mg (25.69%), Vitamin B6: 0.44mg (22.23%), Iron: 3.51mg (19.49%), Manganese: 0.37mg (18.55%), Vitamin B2: 0.32mg (18.55%), Folate: 71.58µg (17.89%), Vitamin C: 13.75mg (16.67%), Magnesium: 58.2mg (14.55%), Potassium: 497.38mg (14.21%), Vitamin B1: 0.18mg (11.93%), Vitamin E: 1.45mg (9.7%), Calcium: 90.13mg (9.01%), Copper: 0.16mg (7.95%), Fiber: 1.54g (6.16%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.16µg (1.09%)