



HEALTH SCORE

69%

Green Velvet Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



8

CALORIES



158 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



2 bay leaves



1 head broccoli chopped



2 stalks celery sliced



0.5 teaspoon basil dried



0.3 teaspoon ground pepper black



1 onion chopped



2 potatoes diced



8 servings salt to taste

- ☐ 4 cups pkt spinach fresh chopped
- ☐ 0.8 cup peas dried split
- ☐ 6 cups vegetable broth
- ☐ 2 zucchini diced

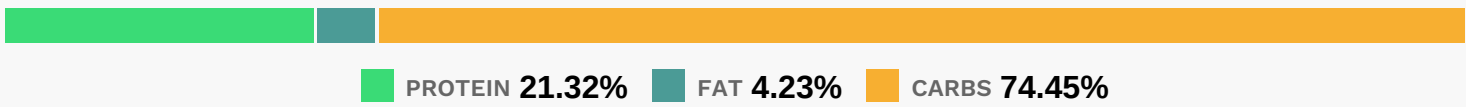
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a large pot over medium heat, combine onion, celery, potatoes, split peas, bay leaves and broth. Bring to a boil, then reduce heat, cover and simmer 1 hour.
- ☐ Remove the bay leaves and stir in the zucchini, broccoli, basil and black pepper. Simmer 20 minutes, until broccoli is tender.
- ☐ Stir in spinach and remove from heat. Puree in a blender or food processor using an immersion blender. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:37.34, Glycemic Load:9.37, Inflammation Score:-9, Nutrition Score:24.190435015637%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 157.69kcal (7.88%), Fat: 0.8g (1.22%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 22.38g (8.14%), Sugar: 6.69g (7.43%), Cholesterol: 0mg (0%), Sodium: 954.22mg (41.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin K: 159.93µg (152.31%), Vitamin C: 92.94mg (112.65%), Vitamin A: 2429.55IU (48.59%), Folate: 154.33µg (38.58%), Manganese: 0.76mg (38.2%), Fiber: 9.12g (36.47%), Potassium: 905.83mg (25.88%), Vitamin B6: 0.46mg (22.83%), Magnesium: 73.18mg (18.29%), Vitamin B1: 0.27mg (18.2%), Phosphorus: 180.76mg (18.08%), Copper: 0.31mg (15.57%), Iron: 2.5mg (13.89%), Vitamin B2: 0.23mg (13.56%), Vitamin B5: 1.07mg (10.7%), Vitamin B3: 1.96mg (9.81%), Zinc: 1.3mg (8.67%), Calcium: 84.13mg (8.41%), Vitamin E: 1.02mg (6.77%), Selenium: 2.72µg (3.88%)