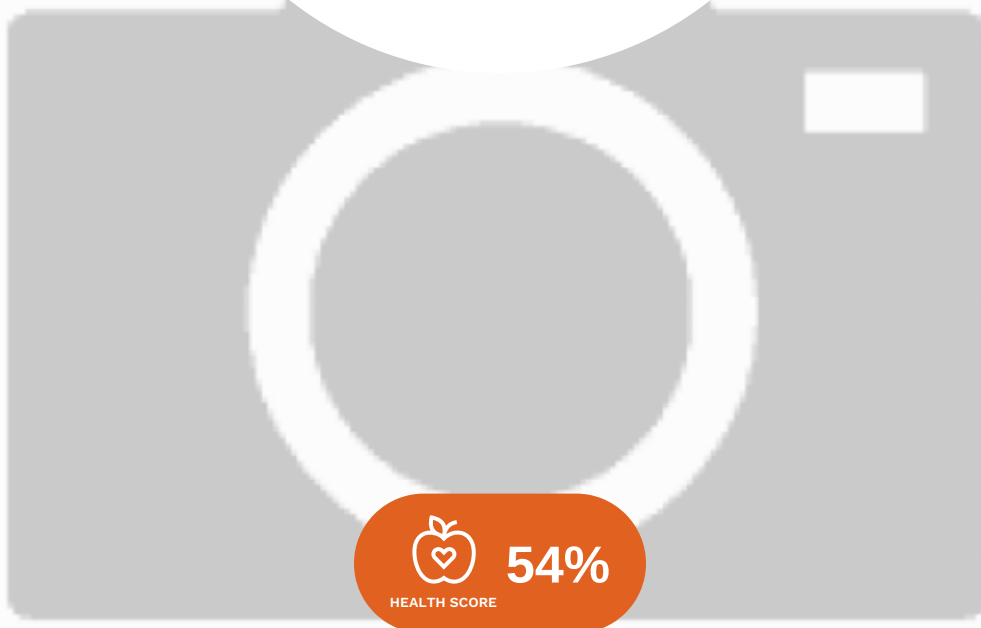




Hawaij Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon vegetable bouillon powder
- ☐ 1 butternut squash cubed peeled seeded
- ☐ 15 ounce garbanzo beans canned
- ☐ 2 carrots peeled sliced
- ☐ 2 stalks celery sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 potatoes cubed peeled

- ☐ 8 servings salt and pepper to taste
- ☐ 1 large tomatoes diced
- ☐ 5 cups water
- ☐ 2 tablespoons hawaij
- ☐ 2 tablespoons hawaij

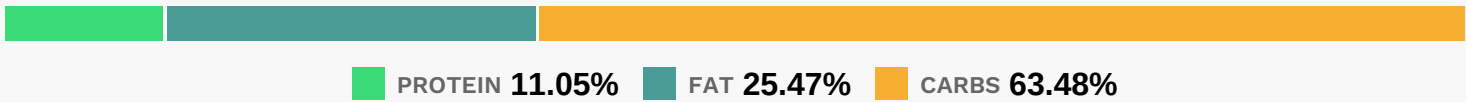
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large stock pot over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the squash and potatoes to the onions and cook for 5 minutes, stirring constantly. Stir in the tomato, celery, carrots, and garbanzo beans with their liquid; cook for 5 minutes.
- ☐ Pour in the water and bring the soup to a boil, stirring occasionally. Stir in the hawaij and vegetable bouillon powder. Reduce heat and simmer until the vegetables are tender about 15 minutes. Season to taste.

Nutrition Facts



Properties

Glycemic Index:39.11, Glycemic Load:6.41, Inflammation Score:-10, Nutrition Score:16.256086929985%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 157.75kcal (7.89%), Fat: 4.77g (7.33%), Saturated Fat: 0.64g (4%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 20.84g (7.58%), Sugar: 4.32g (4.8%), Cholesterol: 0mg (0%), Sodium: 382.08mg (16.61%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.31%), Vitamin A: 12760.47IU (255.21%), Manganese: 0.74mg (37.06%), Vitamin C: 30.33mg (36.76%), Vitamin B6: 0.54mg (26.87%), Fiber: 5.89g (23.57%), Potassium: 667.5mg (19.07%), Magnesium: 60.64mg (15.16%), Vitamin E: 2.11mg (14.07%), Folate: 55.38µg (13.85%), Copper: 0.23mg (11.53%), Vitamin B1: 0.16mg (10.6%), Phosphorus: 105.82mg (10.58%), Vitamin K: 10.44µg (9.94%), Iron: 1.7mg (9.42%), Vitamin B3: 1.81mg (9.04%), Calcium: 85.86mg (8.59%), Vitamin B5: 0.72mg (7.16%), Zinc: 0.71mg (4.74%), Vitamin B2: 0.06mg (3.4%), Selenium: 1.74µg (2.48%)