



## Healing Cabbage Soup

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



84 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black to taste
- 0.5 head cabbage cored coarsely chopped
- 14.5 ounce canned tomatoes diced italian-style drained canned
- 4 teaspoons chicken soup base
- 2 cloves garlic chopped
- 3 tablespoons olive oil
- 0.5 onion chopped
- 1 teaspoon salt to taste

2 quarts water

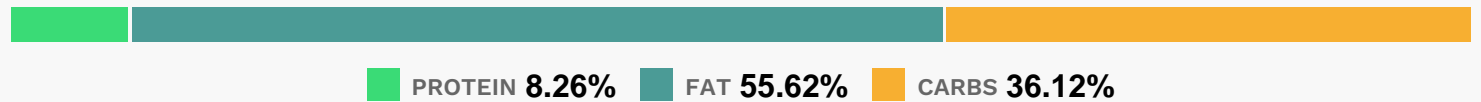
## Equipment

pot

## Directions

- In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.
- Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.
- Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:2.1, Inflammation Score:-4, Nutrition Score:7.9804347152619%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 83.89kcal (4.19%), Fat: 5.6g (8.62%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.55g (5.06%), Cholesterol: 0.13mg (0.04%), Sodium: 619.84mg (26.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin K: 49.26µg (46.91%), Vitamin C: 26.25mg (31.82%), Manganese: 0.22mg (11.22%), Fiber: 2.56g (10.24%), Vitamin E: 1.49mg (9.94%), Vitamin B6: 0.17mg (8.32%), Folate: 32.75µg (8.19%), Potassium: 264.94mg (7.57%), Copper: 0.15mg (7.47%), Iron: 1.02mg (5.65%), Calcium: 52.86mg (5.29%), Magnesium: 21.11mg (5.28%), Vitamin B1: 0.08mg (5.26%), Vitamin B3: 0.8mg (4%), Phosphorus: 36.2mg (3.62%), Vitamin A: 167IU (3.34%), Vitamin B2: 0.06mg (3.33%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.29mg (1.92%), Selenium: 0.91µg (1.29%)