



Hearty Cabbage Soup

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



50

CALORIES



49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz .5 can cannellini beans rinsed canned
- 2 cups tomatoes canned crushed undrained
- 2 carrots sliced
- 2 stalks celery sliced
- 28 oz chicken broth canned
- 10 oz green beans frozen thawed
- 4 cups cabbage green chopped
- 1 onion chopped

0.7 oz env. seasons dressing mix italian good

6 cups water

Equipment

dutch oven

Directions

Combine ingredients in Dutch oven.

Bring to boil on high heat; simmer on medium-low 30 min. or until vegetables are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:0.95, Inflammation Score:-4, Nutrition Score:3.4191304620193%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 48.53kcal (2.43%), Fat: 1.37g (2.1%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.06g (1.11%), Sugar: 1.04g (1.16%), Cholesterol: 7.94mg (2.65%), Sodium: 125.31mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin A: 508.38IU (10.17%), Vitamin K: 8.62µg (8.21%), Vitamin C: 3.99mg (4.83%), Selenium: 3.19µg (4.55%), Manganese: 0.09mg (4.53%), Fiber: 1.02g (4.07%), Phosphorus: 40.61mg (4.06%), Iron: 0.69mg (3.81%), Zinc: 0.56mg (3.71%), Potassium: 127.93mg (3.66%), Vitamin B6: 0.07mg (3.66%), Folate: 12.84µg (3.21%), Magnesium: 12.35mg (3.09%), Vitamin B3: 0.6mg (2.98%), Copper: 0.06mg (2.87%), Vitamin B12: 0.16µg (2.65%), Vitamin B2: 0.04mg (2.07%), Vitamin E: 0.29mg (1.94%), Calcium: 18.86mg (1.89%), Vitamin B1: 0.03mg (1.76%)