



## Hearty Vegetable Soup

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 70 oz beef broth low sodium canned ( 2 quarts)
- 1.5 cups carrots chopped
- 1.5 cups celery chopped
- 3 Tbsp oil
- 1.5 cups onions chopped
- 2 cups potatoes cubed unpeeled
- 1 dash salt and pepper
- 1 dash thyme leaves dried

1.5 cups classico tomato and basil pasta sauce

## Equipment

pot

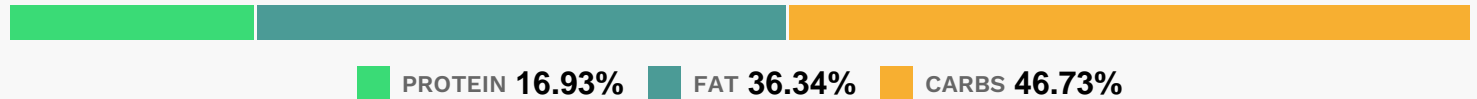
## Directions

Heat oil in large stock pot.

Add onions, carrots and celery; cook 5 minutes or until crisp-tender, stirring occasionally.

Add remaining ingredients; stir. Simmer 30 to 40 minutes or until potatoes are tender, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:46.92, Glycemic Load:13.09, Inflammation Score:-10, Nutrition Score:14.664347728957%

## Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

## Nutrients (% of daily need)

Calories: 230.13kcal (11.51%), Fat: 9.57g (14.72%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 22.23g (8.08%), Sugar: 7.62g (8.46%), Cholesterol: 0mg (0%), Sodium: 934.09mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin A: 6788.29IU (135.77%), Potassium: 1540.39mg (44.01%), Vitamin C: 25.43mg (30.82%), Fiber: 5.45g (21.81%), Vitamin K: 21.72µg (20.69%), Vitamin B6: 0.38mg (19.08%), Manganese: 0.28mg (14%), Vitamin E: 1.82mg (12.15%), Folate: 40.85µg (10.21%), Phosphorus: 82.72mg (8.27%), Magnesium: 32.38mg (8.1%), Vitamin B1: 0.12mg (8.07%), Vitamin B3: 1.42mg (7.1%), Copper: 0.14mg (6.92%), Iron: 1.18mg (6.58%), Calcium: 58.73mg (5.87%), Vitamin B5: 0.49mg (4.88%), Vitamin B2: 0.08mg (4.72%), Zinc: 0.46mg (3.07%)