



66%  
HEALTH SCORE

## Hearty Vegetable Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounce garbanzo beans drained canned
- 15 ounce peas drained canned
- 14.5 ounce canned tomatoes diced drained canned
- 1 cup carrots chopped
- 0.8 cup celery chopped
- 1 teaspoon dill weed dried
- 0.3 teaspoon thyme leaves dried
- 0.3 teaspoon garlic powder

- 0.5 teaspoon ground pepper black
- 1 leek chopped
- 0.8 cup onion chopped
- 1 potatoes cubed peeled
- 1 tablespoon soya sauce
- 3 cups tomato-vegetable juice cocktail
- 2 cups water
- 1 cup rice long-grain white
- 15 ounce kernel corn whole drained canned

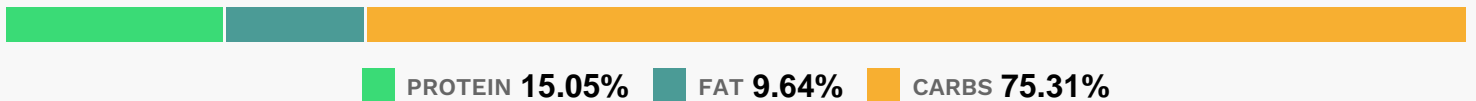
## Equipment

- pot

## Directions

- In a large pot over high heat, combine the celery, onion, carrots, tomatoes, tomato-vegetable juice, water, leek, potato, peas, corn, beans, rice, soy sauce, thyme, ground black pepper, garlic powder and dill weed.
- Bring to a boil, reduce heat and simmer for 30 minutes, or until vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:55.55, Glycemic Load:21.91, Inflammation Score:-10, Nutrition Score:24.26869533373%

## Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

## Nutrients (% of daily need)

Calories: 323.61kcal (16.18%), Fat: 3.57g (5.5%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 53g (19.27%), Sugar: 9.44g (10.49%), Cholesterol: 0mg (0%), Sodium: 710.66mg (30.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.1%), Vitamin A: 4260.17IU (85.2%), Manganese: 1.6mg (80.13%), Vitamin B6: 0.91mg (45.69%), Vitamin C: 35.57mg (43.11%), Fiber: 9.8g (39.2%), Vitamin K: 27.27µg (25.97%), Folate: 102.74µg (25.68%), Potassium: 898.69mg (25.68%), Copper: 0.51mg (25.31%), Phosphorus: 235.31mg (23.53%), Iron: 4.07mg (22.59%), Magnesium: 86.84mg (21.71%), Vitamin B3: 3.32mg (16.6%), Vitamin B1: 0.23mg (15.36%), Zinc: 1.99mg (13.24%), Vitamin B5: 1.16mg (11.62%), Calcium: 109.91mg (10.99%), Selenium: 7.26µg (10.37%), Vitamin B2: 0.14mg (8.11%), Vitamin E: 1.21mg (8.09%)