



## Hearty winter veg soup



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 garlic clove crushed
- ☐ 1 rutabaga peeled cut into chunks
- ☐ 4 large carrots peeled cut into chunks
- ☐ 3 sprigs thyme leaves roughly chopped
- ☐ 850 ml vegetable stock
- ☐ 500 ml milk
- ☐ 820 g water mixed drained canned

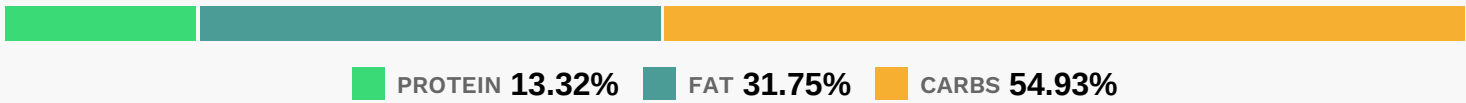
# Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

# Directions

- ☐ Heat the oil in a large saucepan, then gently soften the garlic without colouring. Tip in the swede, carrots and two-thirds of the thyme, then pour in the stock and milk. Bring to the boil, then simmer for 15 mins.
- ☐ Ladle a third of the soup into a blender, whizz until smooth, then pour back into the pan along with the beans. Check for seasoning, then return to the heat and warm through.
- ☐ Serve sprinkled with the remaining thyme and some warm, crusty bread rolls.

# Nutrition Facts



# Properties

Glycemic Index:59.71, Glycemic Load:8.07, Inflammation Score:-10, Nutrition Score:15.942608833313%

# Flavonoids

Apigenin: 3.74mg, Apigenin: 3.74mg, Apigenin: 3.74mg, Apigenin: 3.74mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 172.06kcal (8.6%), Fat: 6.32g (9.72%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 20.21g (7.35%), Sugar: 15.84g (17.59%), Cholesterol: 9.98mg (3.33%), Sodium: 974.8mg (42.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.93%), Vitamin A: 12642.79IU (252.86%), Vitamin C: 30.29mg (36.72%), Calcium: 226.82mg (22.68%), Potassium: 709.91mg (20.28%), Phosphorus: 194.15mg (19.41%), Vitamin B2: 0.32mg (18.6%), Fiber: 4.37g (17.49%), Manganese: 0.28mg (14.24%), Vitamin B6: 0.26mg (13.22%), Vitamin B1: 0.19mg (12.42%), Vitamin K: 12.18µg (11.6%), Magnesium: 45.28mg (11.32%), Vitamin B12: 0.66µg (11.01%), Folate: 40.56µg (10.14%), Vitamin E: 1.31mg (8.72%), Vitamin B5: 0.81mg (8.07%), Vitamin B3: 1.52mg (7.61%), Zinc:

1.05mg (7.03%), Selenium: 4.08µg (5.83%), Copper: 0.11mg (5.61%), Iron: 0.84mg (4.68%)