



Italian Vegetable Soup

READY IN



65 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 27.5 ounce artichoke hearts packed in water, drained quartered canned
- 1 tablespoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 2 leeks white green chopped (and pale parts only)
- 0.3 cup olive oil extra-virgin
- 6 servings parmesan freshly grated
- 6 servings salt and pepper black freshly ground
- 10 cups vegetable broth
- 4 ounces wide egg noodles dried

6 zucchini thinly sliced

Equipment

bowl

ladle

pot

Directions

Heat the oil in a heavy large pot over medium heat.

Add the leeks and saute until translucent, about 8 minutes.

Add the garlic and saute until tender, about 2 minutes. Stir in the zucchini and artichokes. Season the vegetables with salt and pepper.

Saute until the zucchini are tender, about 10 minutes.

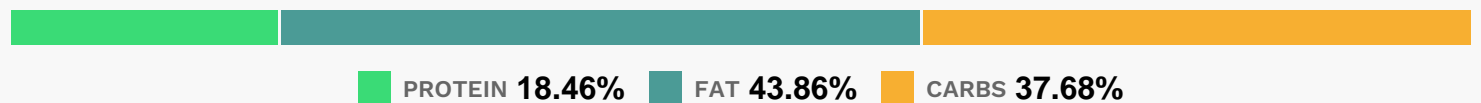
Add the vegetable broth. Stir in the thyme and cook for 2 minutes. Cover the pot and bring the soup to a simmer. Decrease the heat to medium-low and simmer gently until the flavors develop, stirring occasionally, about 20 minutes. Increase the heat to medium-high.

Add the noodles and cook until al dente, stirring constantly, about 5 minutes.

Ladle the soup into bowls.

Sprinkle with Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:10.13, Inflammation Score:-10, Nutrition Score:20.049130558968%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 373.64kcal (18.68%), Fat: 18.33g (28.2%), Saturated Fat: 6.57g (41.08%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 30.11g (10.95%), Sugar: 10.99g (12.21%), Cholesterol: 36.28mg (12.09%), Sodium: 2553.08mg (111%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.71%), Vitamin C: 40.82mg (49.48%), Calcium: 417.75mg (41.77%), Vitamin A: 2022.88IU (40.46%), Manganese: 0.71mg (35.34%), Phosphorus: 341.54mg (34.15%), Selenium: 22.48µg (32.11%), Vitamin K: 28.57µg (27.21%), Vitamin B6: 0.47mg (23.67%), Fiber: 5.33g (21.31%), Vitamin B2: 0.32mg (18.62%), Potassium: 651.21mg (18.61%), Folate: 74.18µg (18.54%), Magnesium: 70.04mg (17.51%), Vitamin E: 1.94mg (12.95%), Zinc: 1.88mg (12.56%), Iron: 2.23mg (12.41%), Copper: 0.22mg (10.8%), Vitamin B1: 0.15mg (10.17%), Vitamin B5: 0.76mg (7.62%), Vitamin B3: 1.51mg (7.55%), Vitamin B12: 0.41µg (6.91%), Vitamin D: 0.21µg (1.38%)