



Jamaican Spinach Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pinch cayenne pepper
- 2 stalks celery chopped
- 2 tablespoons ginger root fresh minced
- 4 cloves garlic minced
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon ground turmeric
- 3 tablespoons olive oil

- 1 onion chopped
- 2 potatoes diced peeled
- 0.5 bell pepper red minced
- 2 teaspoons sea salt
- 1 cup pkt spinach fresh chopped
- 1 tablespoon sugar
- 6 cups vegetable stock
- 4 cups zucchini chopped

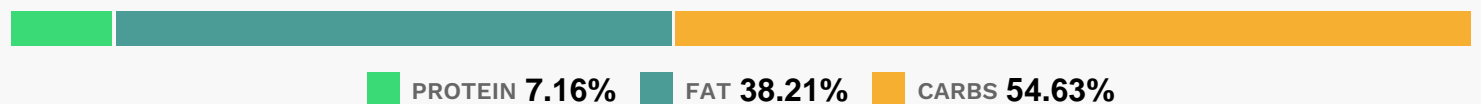
Equipment

- pot
- immersion blender

Directions

- Heat the oil in a large pot over medium heat. Stir in onion, celery, garlic, ginger, and sugar. Cook 5 minutes, until onion is tender. Season with salt, turmeric, allspice, and nutmeg.
- Mix in potatoes and zucchini, and pour in the vegetable stock. Bring to a boil, reduce heat to low, and simmer 10 minutes, or until potatoes are tender.
- Remove soup from heat, season with cayenne pepper, and stir in spinach. Using a hand blender, blend soup until smooth.
- Garnish with red bell pepper to serve.

Nutrition Facts



Properties

Glycemic Index:54.22, Glycemic Load:8.66, Inflammation Score:-8, Nutrition Score:9.4565218091011%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.8mg, Quercetin: 3.8mg,
Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 126.83kcal (6.34%), Fat: 5.62g (8.65%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 18.08g (6.03%), Net
Carbohydrates: 15.55g (5.65%), Sugar: 6.06g (6.74%), Cholesterol: 0mg (0%), Sodium: 1307.05mg (56.83%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin C: 34.1mg (41.33%), Vitamin K: 28.35µg
(27%), Vitamin A: 1135.9IU (22.72%), Vitamin B6: 0.33mg (16.7%), Manganese: 0.3mg (15.06%), Potassium:
485.28mg (13.87%), Folate: 40.65µg (10.16%), Fiber: 2.53g (10.13%), Magnesium: 31.25mg (7.81%), Vitamin E: 1.07mg
(7.14%), Phosphorus: 67.38mg (6.74%), Vitamin B1: 0.09mg (5.98%), Vitamin B2: 0.1mg (5.92%), Copper: 0.12mg
(5.79%), Iron: 0.94mg (5.2%), Vitamin B3: 1.02mg (5.1%), Vitamin B5: 0.36mg (3.64%), Calcium: 31.95mg (3.2%),
Zinc: 0.46mg (3.05%)