



Kale and Cabbage Soup

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup beef base
- ☐ 1 tablespoon butter
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 4 stalks celery chopped
- ☐ 1 tablespoon onion dried minced
- ☐ 3 cloves garlic minced
- ☐ 0.5 head cabbage shredded green

- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 teaspoon herbs de provence
- ☐ 1 bunch kale chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 4 tomatoes peeled chopped
- ☐ 8 cups water hot

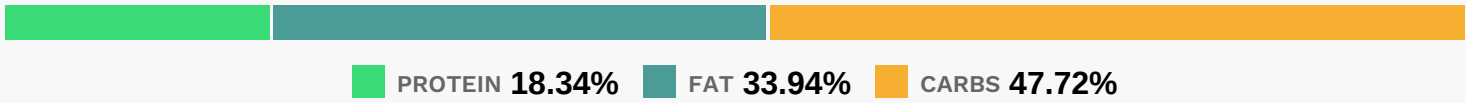
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine tomatoes, butter, dried minced onion, salt, and black pepper in a small saucepan over medium heat. Bring mixture to a simmer, place a cover on the saucepan, and cook at a simmer for 15 minutes.
- ☐ Heat olive oil in a stock pot over medium heat. Cook and stir celery, onion, garlic, and bay leaves in hot oil until onion is translucent, about 5 minutes.
- ☐ Add tomato mixture; cook and stir another 5 minutes.
- ☐ Remove and discard bay leaves.
- ☐ Pour water into the stock pot. Stir green cabbage, beef base, herbes de Provence, and red pepper flakes into the water. Loosely cover the stock pot and cook the mixture for 25 minutes.
- ☐ Stir kidney beans and kale into the soup. Again loosely cover the pot and continue cooking another 15 minutes.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:4.59, Inflammation Score:-9, Nutrition Score:18.37652172213%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 155.46kcal (7.77%), Fat: 6.19g (9.53%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 13.25g (4.82%), Sugar: 7.79g (8.66%), Cholesterol: 4.35mg (1.45%), Sodium: 3746.92mg (162.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin K: 124.04µg (118.13%), Vitamin C: 47.33mg (57.37%), Vitamin A: 2332.3IU (46.65%), Manganese: 0.57mg (28.51%), Fiber: 6.35g (25.41%), Folate: 73.6µg (18.4%), Potassium: 586.23mg (16.75%), Phosphorus: 141.33mg (14.13%), Vitamin B6: 0.27mg (13.61%), Magnesium: 49.59mg (12.4%), Calcium: 119.78mg (11.98%), Vitamin B1: 0.18mg (11.89%), Iron: 1.98mg (11%), Vitamin B2: 0.18mg (10.6%), Copper: 0.19mg (9.63%), Vitamin B3: 1.54mg (7.71%), Vitamin E: 1.15mg (7.66%), Selenium: 5.35µg (7.64%), Zinc: 0.74mg (4.93%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.15µg (2.51%)