


80%
HEALTH SCORE

Kale and Roasted Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



115 min.

SERVINGS



6

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 medium carrots peeled quartered
- ☐ 2 large tomatoes quartered
- ☐ 1 large onion cut into 8 wedges or 4 or 5 slices
- ☐ 0.5 small butternut squash peeled seeded cut lengthwise into 1/ wedges
- ☐ 6 garlic cloves
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 6 cups vegetable broth
- ☐ 4 cups kale finely chopped

- ☐ 3 large thyme sprigs fresh
- ☐ 1 bay leaf
- ☐ 15 oz cannellini beans white drained canned

Equipment

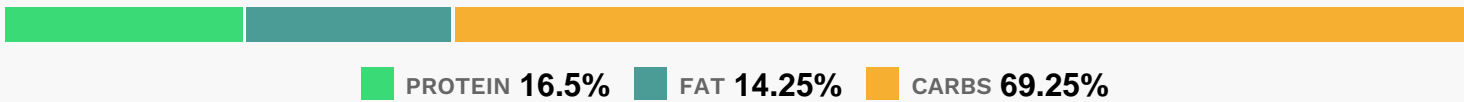
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ cutting board

Directions

- ☐ oven to 400°F.
- ☐ the carrots, tomatoes, onion, squash, garlic: Rub rimmed baking sheet with a thin coat of olive oil.
- ☐ Place carrots, squash, tomatoes, onion, and garlic on the baking sheet and sprinkle with a little more olive oil and salt and pepper. Rub the oil over all of the vegetables so that they are well coated.
- ☐ Roast vegetables about 45 minutes, stirring once or twice, until they are cooked through and nicely browned.
- ☐ Further cut the squash and carrots:
- ☐ Remove the roasted squash and carrots from the pan to a cutting board.
- ☐ Cut into 1/2-inch pieces and set aside.
- ☐ Purée the roasted garlic, tomatoes, onions:
- ☐ Remove the roasted garlic from their peelings and place in a food processor.
- ☐ Add the roasted tomatoes and onions. Pulse in the processor until almost smooth.
- ☐ Deglaze the roasting pan:
- ☐ Add a little water or broth to the baking sheet and scrape up any browned bits.

- ☐ Start soup with browned bits, broth, puréed vegetables:
- ☐ Add the browned bits, the broth, and the puréed vegetables to a large pot.
- ☐ Add the chopped kale, thyme, and bay leaf to the pot.
- ☐ Heat on high to bring to a boil, lower the heat to reduce to a simmer. Simmer uncovered until the kale is tender, about 30 minutes.
- ☐ Add roasted carrots, squash, beans:
- ☐ Add the roasted carrots and squash to the soup.
- ☐ Add the drained white beans to the soup. Simmer for 8 to 10 minutes and add more broth or water to the soup if it needs thinning.
- ☐ Season with salt and pepper. Discard thyme sprigs and bay leaf.
- ☐ Can be made a day ahead.

Nutrition Facts



Properties

Glycemic Index:43.97, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:22.042174069778%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 187.48kcal (9.37%), Fat: 3.17g (4.87%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 25.7g (9.34%), Sugar: 7.62g (8.46%), Cholesterol: 0mg (0%), Sodium: 977.02mg (42.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Vitamin A: 14169.85IU (283.4%), Vitamin K: 65.66µg (62.54%), Vitamin C: 40.83mg (49.49%), Manganese: 0.79mg (39.54%), Fiber: 8.93g (35.72%), Folate: 117.84µg (29.46%), Potassium: 838.9mg (23.97%), Magnesium: 75.71mg (18.93%), Phosphorus: 182.89mg (18.29%), Vitamin B6: 0.36mg (17.98%), Vitamin B1: 0.25mg (16.71%), Copper: 0.3mg (14.93%), Iron: 2.64mg (14.65%), Calcium: 143.25mg (14.33%), Vitamin E: 1.86mg (12.43%), Vitamin B3: 2.12mg (10.59%), Vitamin B2: 0.14mg (8.51%), Zinc: 1.04mg (6.9%), Vitamin B5: 0.64mg (6.39%), Selenium: 3.93µg (5.61%)