



King Edward Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 21 ounce beef consomme canned
- 2 cups rice long-grain cooked
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- 1 tablespoon basil fresh
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- 2 garlic clove minced
- 2 cups mushrooms sliced

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- 2 teaspoons olive oil
- 1.5 cups onion chopped
- 0.8 pound plum tomatoes halved sliced
- 2.5 cups water
- 1.5 cups to 3 sized squashes yellow finely chopped
- 1.5 cups zucchini finely chopped

Equipment

- dutch oven

Directions

- Heat the oil in a Dutch oven over medium-high heat.
- Add the mushrooms, onion, and garlic; saut for 6 minutes or until tender.
- Add squash and zucchini; saut 5 minutes.
- Add water and remaining ingredients; bring to a boil. Reduce heat, and simmer 20 minutes or until the vegetables are tender.

Nutrition Facts



■ PROTEIN **13.07%** ■ FAT **8.16%** ■ CARBS **78.77%**

Properties

Glycemic Index:112.17, Glycemic Load:50.09, Inflammation Score:-6, Nutrition Score:15.199130504028%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 275.85kcal (13.79%), Fat: 2.52g (3.88%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 54.84g (18.28%), Net Carbohydrates: 51.55g (18.75%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 386.52mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Manganese: 1.03mg (51.53%), Vitamin C: 22.86mg (27.7%), Selenium: 18.96µg (27.08%), Vitamin B2: 0.39mg (23.01%), Vitamin B6: 0.44mg (22.12%), Vitamin B3: 4.39mg (21.95%), Copper: 0.41mg (20.69%), Potassium: 666.09mg (19.03%), Phosphorus: 185.51mg (18.55%), Vitamin B5: 1.81mg (18.08%), Fiber: 3.28g (13.14%), Vitamin A: 626.86IU (12.54%), Folate: 49.83µg (12.46%), Magnesium: 48.99mg (12.25%), Vitamin B1: 0.15mg (10.3%), Vitamin K: 10.41µg (9.91%), Zinc: 1.48mg (9.86%), Iron: 1.3mg (7.23%), Calcium: 53.7mg (5.37%), Vitamin E: 0.65mg (4.35%), Vitamin B12: 0.1µg (1.58%)