



## Late Fall Garden Soup with Kale and Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 ounces asiago cheese grated
- 2 cups baking potato cubed
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon thyme leaves dried
- 1 garlic clove minced
- 2 cups kale thinly sliced
- 2 cups leek sliced ( 2 large)
- 2 teaspoons olive oil

- 0.3 cup rice long-grain uncooked
- 0.8 teaspoon sea salt
- 2 vegetable-flavored bouillon cubes dry
- 5 cups water divided

## Equipment

- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium heat.
- Add leek and potato; cook 8 minutes or until leek is tender, stirring frequently.
- Add 1/3 cup water, kale, rice, salt, thyme, pepper, and garlic; cook 5 minutes or until kale wilts, stirring frequently.
- Add remaining 4 2/3 cups water and bouillon cubes; bring to a boil. Reduce heat, and simmer 20 minutes.
- Sprinkle each serving with 2 tablespoons cheese.

## Nutrition Facts



**PROTEIN 15.9%** **FAT 27.34%** **CARBS 56.76%**

## Properties

Glycemic Index:74.73, Glycemic Load:18.21, Inflammation Score:-10, Nutrition Score:14.65000002151%

## Flavonoids

Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

## Nutrients (% of daily need)

Calories: 214.09kcal (10.7%), Fat: 6.6g (10.16%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 28.35g (10.31%), Sugar: 2.56g (2.85%), Cholesterol: 9.64mg (3.21%), Sodium: 1036.95mg (45.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.29%), Vitamin K: 67.03µg (63.84%), Vitamin A: 1907.72IU (38.15%), Manganese: 0.57mg (28.45%), Calcium: 247.18mg (24.72%), Vitamin C: 19.72mg (23.9%), Vitamin B6: 0.42mg (21%), Phosphorus: 175.87mg (17.59%), Potassium: 461.52mg (13.19%), Folate: 47.79µg (11.95%),

Iron: 2.15mg (11.95%), Magnesium: 45.95mg (11.49%), Copper: 0.22mg (10.94%), Fiber: 2.49g (9.96%), Selenium: 5.89µg (8.42%), Vitamin B1: 0.12mg (7.73%), Vitamin B2: 0.13mg (7.58%), Vitamin B3: 1.31mg (6.57%), Zinc: 0.88mg (5.84%), Vitamin E: 0.83mg (5.53%), Vitamin B5: 0.49mg (4.85%), Vitamin B12: 0.17µg (2.83%)