



Low-cal vegetable soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



32 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

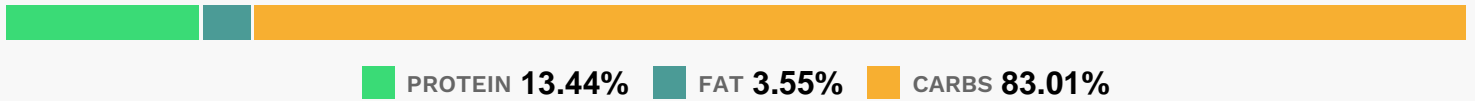
- 60 g broccoli florets freshly ground cut into small pieces salt and pepper
- 100 g carrots finely sliced
- 60 g cauliflower cut into small pieces
- 100 g turtle beans french chopped fine
- 60 g peas
- 8 cups vegetable stock

Equipment

Directions

1. In a saucepan put the stock and bring it to a boil.
2. Add the carrots, peas, beans and cauliflower and let it all simmer for 5–6 minutes.
3. Add the broccoli and cook for a further 2–3 minutes till the broccoli is tender.
4. Add in salt and black pepper to your taste.
5. Serve hot with thick crusty bread.

Nutrition Facts



Properties

Glycemic Index:28.02, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:5.6365217391304%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 31.88kcal (1.59%), Fat: 0.13g (0.21%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.73g (2.09%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 954.48mg (41.5%), Protein: 1.14g (2.28%), Vitamin A: 2692.9IU (53.86%), Vitamin C: 16.67mg (20.2%), Vitamin K: 12.32µg (11.74%), Folate: 28.75µg (7.19%), Fiber: 1.31g (5.24%), Manganese: 0.08mg (3.8%), Potassium: 130.55mg (3.73%), Vitamin B6: 0.06mg (2.84%), Phosphorus: 25.48mg (2.55%), Magnesium: 10.05mg (2.51%), Vitamin B1: 0.04mg (2.49%), Iron: 0.37mg (2.06%), Vitamin B3: 0.37mg (1.83%), Vitamin B2: 0.03mg (1.79%), Copper: 0.03mg (1.71%), Calcium: 16.8mg (1.68%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.13mg (1.35%), Vitamin E: 0.16mg (1.04%)