



## Mama Teresa's Vegetable Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 rib celery stalks cut into 1/2-inch pieces
- 1.3 teaspoons sea salt
- 1 large eggs
- 1.5 tablespoons basil fresh chopped
- 1.5 tablespoons parsley fresh chopped
- 0.3 teaspoon pepper black
- 2 tablespoons olive oil extra virgin extra-virgin for serving
- 1 small onion chopped

- 1 teaspoon oregano dried crumbled
- 6 oz plum tomatoes (2 or 3 medium)
- 3.5 cups water
- 0.5 lb yukon gold potatoes
- 2 medium zucchini quartered ()

## Equipment

- bowl
- sauce pan
- knife
- whisk
- pot
- slotted spoon
- cutting board

## Directions

- Cut a shallow X in bottom of each tomato with a sharp paring knife and blanch tomatoes in a 2- to 3-quart saucepan of boiling water 20 seconds.
- Transfer tomatoes with a slotted spoon to a cutting board and, when cool enough to handle, peel, beginning from scored end, with knife, then seed and chop.
- Heat oil in a 4-quart heavy pot over moderately high heat until hot but not smoking.
- Add onion and tomatoes, then reduce heat to moderate and cook, stirring occasionally, until onion is softened, 4 to 5 minutes.
- Meanwhile, peel potato and cut into 1/4-inch dice.
- Add potato to onion mixture along with zucchini and celery and cook, stirring occasionally, 5 minutes.
- Add water, herbs, sea salt, and pepper and bring to a boil, uncovered. Reduce heat and simmer, uncovered, stirring occasionally, until vegetables are very tender, 30 to 35 minutes.
- Remove from heat.

Whisk together egg and cheese in a bowl until combined well, then add to soup in a stream, stirring. Divide among 4 bowls and serve with olive oil and cheese.

## Nutrition Facts



**PROTEIN 11.21%** **FAT 47.68%** **CARBS 41.11%**

### Properties

Glycemic Index:83.69, Glycemic Load:8.4, Inflammation Score:-8, Nutrition Score:12.747826265252%

### Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

### Nutrients (% of daily need)

Calories: 157.11kcal (7.86%), Fat: 8.7g (13.38%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 13.53g (4.92%), Sugar: 4.84g (5.38%), Cholesterol: 46.5mg (15.5%), Sodium: 770.24mg (33.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin C: 37.98mg (46.04%), Vitamin K: 44.07µg (41.97%), Vitamin B6: 0.41mg (20.58%), Manganese: 0.39mg (19.44%), Potassium: 657.42mg (18.78%), Vitamin A: 795.45IU (15.91%), Fiber: 3.34g (13.38%), Folate: 52.26µg (13.06%), Phosphorus: 111.88mg (11.19%), Vitamin B2: 0.19mg (10.9%), Magnesium: 43.52mg (10.88%), Vitamin E: 1.61mg (10.71%), Copper: 0.2mg (9.89%), Iron: 1.53mg (8.52%), Vitamin B1: 0.12mg (8.06%), Vitamin B3: 1.37mg (6.87%), Vitamin B5: 0.63mg (6.33%), Selenium: 4.33µg (6.18%), Calcium: 56.53mg (5.65%), Zinc: 0.8mg (5.34%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)