



Mama Teresa's Vegetable Soup

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



167 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 rib celery cut into 1/2-inch pieces
- ☐ 1.3 teaspoons coarse gray sea salt
- ☐ 1 large eggs
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 1.5 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons olive oil plus additional extra-virgin for serving
- ☐ 1 small onion chopped

- ☐ 1 teaspoon oregano dried crumbled
- ☐ 2 tablespoons grated parmesan-reggiano plus additional for serving finely
- ☐ 6 oz plum tomatoes (2 or 3 medium)
- ☐ 3.5 cups water
- ☐ 0.5 lb yellow-fleshed potato such as yukon gold
- ☐ 2 medium zucchini quartered ()

Equipment

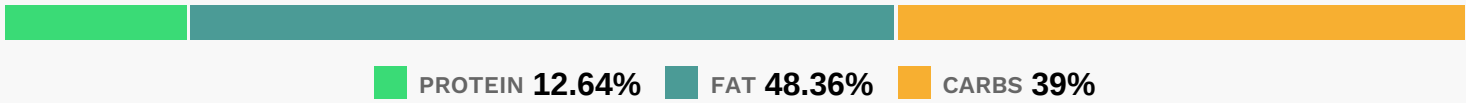
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ cutting board

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



Properties

Glycemic Index:90.44, Glycemic Load:8.42, Inflammation Score:-8, Nutrition Score:13.11130426241%

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: 166.91kcal (8.35%), Fat: 9.34g (14.38%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 13.61g (4.95%), Sugar: 4.86g (5.4%), Cholesterol: 48.2mg (16.07%), Sodium: 810.29mg (35.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Vitamin C: 37.98mg (46.04%), Vitamin K: 44.11µg (42.01%), Vitamin B6: 0.41mg (20.69%), Manganese: 0.39mg (19.46%), Potassium: 659.72mg (18.85%), Vitamin A: 814.97IU (16.3%), Fiber: 3.34g (13.38%), Folate: 52.43µg (13.11%), Phosphorus: 129.23mg (12.92%), Vitamin B2: 0.19mg (11.38%), Magnesium: 44.62mg (11.15%), Vitamin E: 1.61mg (10.74%), Copper: 0.2mg (9.93%), Iron: 1.55mg (8.64%), Calcium: 86.13mg (8.61%), Vitamin B1: 0.12mg (8.12%), Selenium: 4.89µg (6.98%), Vitamin B3: 1.38mg (6.9%), Vitamin B5: 0.64mg (6.45%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.26µg (1.75%)