



Mediterranean Vegetable Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.5 ounce chickpeas drained and rinsed canned garbanzo beans
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 14.5 ounce vegetable broth canned
- ☐ 1 cup water

- ☐ 1 cup baby squash yellow chopped
- ☐ 1 cup zucchini chopped

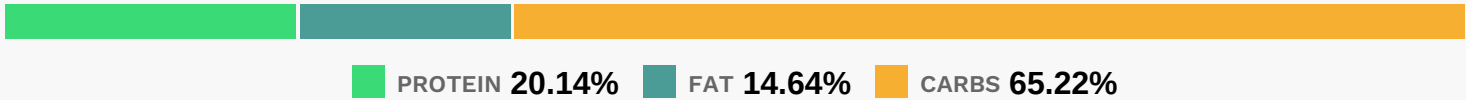
Equipment

- ☐ sauce pan

Directions

- ☐ Heat a large saucepan coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add zucchini and yellow squash; saut 3 minutes.
- ☐ Add water and next 5 ingredients (water through broth); bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:7.44, Inflammation Score:-8, Nutrition Score:15.840434784475%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 163.15kcal (8.16%), Fat: 2.87g (4.41%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 20.82g (7.57%), Sugar: 8.74g (9.71%), Cholesterol: 0.92mg (0.31%), Sodium: 871.75mg (37.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Manganese: 1.23mg (61.6%), Vitamin B6: 0.82mg (41.13%), Fiber: 7.9g (31.59%), Vitamin C: 21.52mg (26.09%), Copper: 0.41mg (20.45%), Potassium: 684.84mg (19.57%), Phosphorus: 171.88mg (17.19%), Iron: 3.07mg (17.05%), Magnesium: 66.65mg (16.66%), Folate: 62.57µg (15.64%), Vitamin A: 624.35IU (12.49%), Calcium: 121.39mg (12.14%), Vitamin B2: 0.18mg (10.58%), Vitamin B1: 0.16mg (10.43%), Vitamin E: 1.46mg (9.72%), Zinc: 1.4mg (9.37%), Vitamin K: 9.42µg (8.98%), Vitamin B3: 1.74mg (8.71%), Vitamin B5: 0.84mg (8.4%), Selenium: 3.57µg (5.11%), Vitamin B12: 0.09µg (1.43%)