



 **39%**  
HEALTH SCORE

## Monastery soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 large potatoes chopped
- 1 large onion chopped
- 2 cloves garlic chopped
- 2 Tbs unrefined sunflower oil
- 2 large carrots peeled chopped
- 1 leek washed sliced
- 2 sticks celery sliced
- 100 g avarakkai / broad beans

- 1l vegetable stock
- 1 Handful parsley fresh chopped
- 4 servings salt and pepper

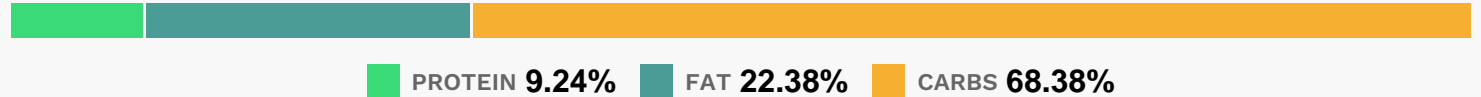
## Equipment

- frying pan

## Directions

- Heat the oil in a large pan, add the potato, onion and garlic and saut, covered, for 10 minutes.
- Add the carrots, leek and celery and saut for 5 minutes.
- Add broad beans and vegetable stock. Cover and simmer gently for 10 minutes, until the potatoes and broad beans are soft.
- Add parsley and salt and pepper if needed.
- Serve with crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:96.65, Glycemic Load:30.13, Inflammation Score:-10, Nutrition Score:21.897826086957%

## Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg

## Nutrients (% of daily need)

Calories: 292.59kcal (14.63%), Fat: 7.51g (11.55%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 43.75g (15.91%), Sugar: 8.46g (9.4%), Cholesterol: 0mg (0%), Sodium: 1247mg (54.22%), Protein: 6.97g (13.94%), Vitamin A: 7096.36IU (141.93%), Vitamin C: 46.41mg (56.25%), Vitamin K: 42.25µg (40.24%), Vitamin B6: 0.74mg (37.15%), Manganese: 0.64mg (32.11%), Potassium: 1117.34mg (31.92%), Fiber: 7.84g (31.36%), Folate: 92.49µg (23.12%), Vitamin E: 3.41mg (22.74%), Magnesium: 70.57mg (17.64%), Phosphorus: 175.35mg

(17.54%), Copper: 0.33mg (16.73%), Vitamin B1: 0.23mg (15.62%), Iron: 2.6mg (14.43%), Vitamin B3: 2.7mg (13.48%), Vitamin B5: 0.82mg (8.23%), Vitamin B2: 0.13mg (7.82%), Calcium: 76.99mg (7.7%), Zinc: 1.02mg (6.79%), Selenium: 1.94µg (2.78%)