



Nettle soup



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



320 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil for drizzling
- ☐ 1 onion chopped
- ☐ 1 carrots diced
- ☐ 1 leek washed and finely sliced
- ☐ 1 large potatoes thinly sliced (Maris Piper or similar)
- ☐ 1l vegetable stock
- ☐ 400 g stinging nettles leaves picked washed (see tips below)
- ☐ 50 g butter diced

☐ 50 ml double cream

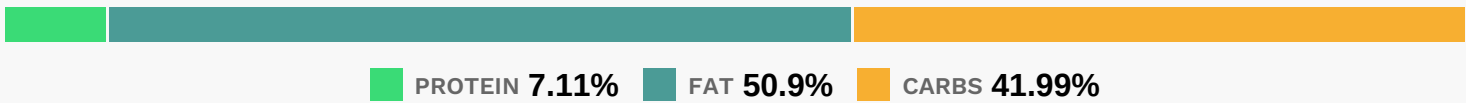
Equipment

☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over a medium heat.
- ☐ Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften.
- ☐ Add the stock and cook for a further 10–15 mins until the potato is soft.
- ☐ Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream.
- ☐ Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them.

Nutrition Facts



Properties

Glycemic Index:71.15, Glycemic Load:15.17, Inflammation Score:-10, Nutrition Score:24.195652290531%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 319.59kcal (15.98%), Fat: 18.5g (28.46%), Saturated Fat: 9.85g (61.56%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 24.11g (8.77%), Sugar: 6.21g (6.9%), Cholesterol: 41.08mg (13.69%), Sodium: 1102.74mg (47.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Vitamin K: 516.32µg (491.73%), Vitamin A: 5958.12IU (119.16%), Manganese: 1.08mg (54.23%), Calcium: 527.89mg (52.79%), Fiber: 10.22g (40.9%), Vitamin C: 23.85mg (28.91%), Potassium: 866.35mg (24.75%), Vitamin B6: 0.49mg (24.29%), Magnesium: 90.16mg (22.54%), Iron: 2.96mg (16.47%), Phosphorus: 154.98mg (15.5%), Vitamin B2: 0.24mg (14.14%), Folate: 52µg (13%),

Copper: 0.22mg (11.07%), Vitamin B3: 1.64mg (8.22%), Vitamin E: 1.23mg (8.2%), Vitamin B1: 0.12mg (8.07%), Zinc: 0.76mg (5.06%), Vitamin B5: 0.43mg (4.25%), Selenium: 1.45µg (2.08%), Vitamin D: 0.2µg (1.34%)