



 **84%**
HEALTH SCORE

New Year's Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black-eyed peas rinsed drained canned
- 2 carrots peeled sliced
- 1 tablespoon cider vinegar to taste
- 3 leaves collard greens coarsely chopped
- 2 cloves garlic crushed
- 4 servings salt and ground pepper black to taste
- 1 tablespoon olive oil extra-virgin
- 1 small onion chopped

- 0.5 cup quinoa
- 14.5 ounce vegetable broth canned
- 1 cup water

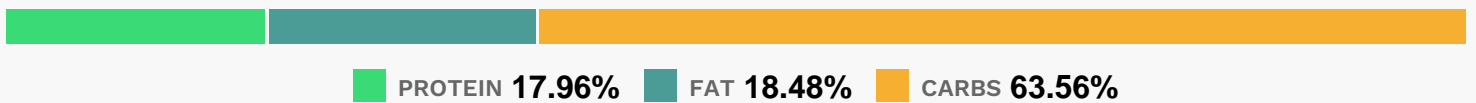
Equipment

- sauce pan
- pot

Directions

- Heat olive oil in a soup pot over medium heat; cook and stir garlic until it begins to brown, about 3 minutes.
- Add onion and carrots. Cook and stir until carrots begin to brown and onion becomes translucent, 7 to 8 minutes. Cook and stir collard greens into onion mixture until wilted, about 5 minutes.
- Pour vegetable broth and black-eyed peas into vegetables, bring to a boil, and reduce heat to low. Cover and simmer soup until vegetables are softened, 20 to 25 minutes.
- While soup is simmering, mix quinoa and water in a saucepan, bring to a boil, and reduce heat to low. Cover and simmer until the water has absorbed into the quinoa, about 10 minutes. Stir cooked quinoa into soup and simmer until collard greens are tender, about 10 more minutes. Stir cider vinegar into soup to taste and season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:65.46, Glycemic Load:8.3, Inflammation Score:-10, Nutrition Score:22.893477999646%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 262.78kcal (13.14%), Fat: 5.5g (8.46%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 32.67g (11.88%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 442.89mg (19.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.05%), Vitamin A: 5710.6IU (114.21%), Folate: 279.08µg (69.77%), Manganese: 1.1mg (54.98%), Fiber: 9.91g (39.62%), Vitamin K: 40.97µg (39.02%), Phosphorus: 283.34mg (28.33%), Magnesium: 106.97mg (26.74%), Copper: 0.45mg (22.49%), Vitamin B1: 0.33mg (21.77%), Iron: 3.87mg (21.47%), Potassium: 564.42mg (16.13%), Vitamin B6: 0.3mg (15.21%), Zinc: 2.17mg (14.5%), Vitamin E: 1.7mg (11.31%), Vitamin B2: 0.16mg (9.41%), Vitamin C: 6.64mg (8.04%), Vitamin B5: 0.74mg (7.36%), Calcium: 72.22mg (7.22%), Selenium: 4.9µg (7%), Vitamin B3: 1.24mg (6.18%)