



Old-World Cabbage Soup



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



10

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium head cabbage chopped
- ☐ 14.5 ounce canned tomatoes diced peeled canned
- ☐ 4 large carrots cubed
- ☐ 4 stalks celery cubed
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.8 cup catsup
- ☐ 1 onion sweet minced
- ☐ 1.5 cups tomato-vegetable juice cocktail

☐ 3 cups vegetable broth

Equipment

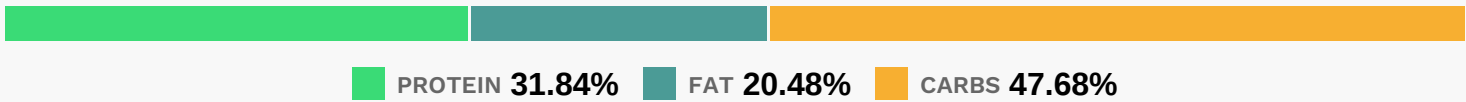
☐ pot

☐ microwave

Directions

- ☐ Place chopped cabbage into an 8-quart soup pot.
- ☐ Microwave diced carrot in 2 tablespoons water for 6 minutes on high.
- ☐ Microwave diced celery in 2 tablespoons water for 4 minutes on high.
- ☐ Add the microwaved vegetables to the pot.
- ☐ Add minced sweet onion, celery, and ketchup.
- ☐ Add juice cocktail, vegetable broth, chicken broth, and tomatoes. Fill each can with water, and add the water to the mixture. Cover, and bring to a boil. Continue boiling for 30 minutes.
- ☐ Reduce heat to simmer and cook for 2 to 3 hours.
- ☐ Serve with slices of a French baguette. Have salt, black pepper, and Tabasco available to season to taste at the table.

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:16.36434785309%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 153.09kcal (7.65%), Fat: 3.65g (5.61%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 15.64g (5.69%), Sugar: 12.23g (13.59%), Cholesterol: 20.55mg (6.85%), Sodium: 744.79mg (32.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.53%), Vitamin A: 5495.66IU (109.91%), Vitamin K: 47.6µg (45.33%), Vitamin C: 31.59mg (38.29%), Vitamin B6: 0.36mg (17.98%), Potassium: 567.72mg (16.22%), Fiber: 3.48g (13.9%), Manganese: 0.27mg (13.7%), Folate: 53.44µg (13.36%), Vitamin B3: 2.48mg (12.38%), Phosphorus: 121.95mg (12.19%), Selenium: 8.44µg (12.06%), Zinc: 1.44mg (9.59%), Iron: 1.71mg (9.48%), Vitamin B2: 0.15mg (9.07%), Magnesium: 36.02mg (9.01%), Copper: 0.18mg (8.95%), Vitamin E: 1.33mg (8.89%), Vitamin B1: 0.11mg (7.57%), Vitamin B12: 0.41µg (6.85%), Calcium: 66.76mg (6.68%), Vitamin B5: 0.46mg (4.61%)