



 17%
HEALTH SCORE

One Soup, Two Ways: Chunky Vegetables and Cream Of Vegetables

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic minced chopped
- 1 small onion chopped
- 2 medium carrots chopped
- 2 stalks celery chopped
- 1 pinch salt (sea)
- 1 cup canned tomatoes canned (I used)

- 1 can corn drained
- 1 liter vegetable stock (Or vegetable broth if you prefer)
- 1 can beans drained and rinsed (I had pinto beans on hand)
- 1 pinch herbs like: thym dried
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- 0.5 cup milk whole
- 3 pinches ground pepper

Equipment

- pot
- sieve
- blender
- immersion blender

Directions

- Heat olive oil over medium low heat in a soup pot (big enough to hold everything you have) and throw in garlic, onions, carrots and celery.
- Stir around a bit, add the salt and cover.
- Let sweat for about 10 minutes.
- Add the tomato puree and corn, stir, let cook for a few minutes.
- Then add the broth, turn heat up to maximum and bring to a boil.
- Add the beans. Season with dried herbs.
- Transfer half of the chunky soup into another soup pot.
- Whiz everything up with a hand-held blender, or in a blender. Then use a sieve, and "filter" the soup.
- Bring back to a boil, add cream, turmeric, curry powder, cayenne pepper and stir well.

Nutrition Facts



Properties

Glycemic Index:80.14, Glycemic Load:7.02, Inflammation Score:-10, Nutrition Score:12.853043478261%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Taste

Sweetness: 100%, Saltiness: 46.02%, Sourness: 56.17%, Bitterness: 38.53%, Savoriness: 21.33%, Fattiness: 39.63%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 166.74kcal (8.34%), Fat: 4.18g (6.43%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 21.28g (7.74%), Sugar: 7.26g (8.07%), Cholesterol: 2.44mg (0.81%), Sodium: 1020.79mg (44.38%), Protein: 6.81g (13.62%), Vitamin A: 4155.03IU (83.1%), Fiber: 5.92g (23.69%), Manganese: 0.42mg (20.8%), Potassium: 530.26mg (15.15%), Phosphorus: 149.3mg (14.93%), Vitamin K: 15.15µg (14.43%), Folate: 49.41µg (12.35%), Copper: 0.22mg (11.24%), Magnesium: 44.46mg (11.11%), Vitamin B6: 0.22mg (10.83%), Vitamin B1: 0.15mg (10.31%), Vitamin C: 8.45mg (10.25%), Iron: 1.77mg (9.81%), Calcium: 80.3mg (8.03%), Vitamin B2: 0.14mg (7.96%), Vitamin E: 1.19mg (7.94%), Vitamin B3: 1.55mg (7.73%), Zinc: 0.9mg (6.02%), Vitamin B5: 0.4mg (3.98%), Selenium: 1.85µg (2.64%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)