



Onion and Garlic Vegetable Broth



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cooking wine dry red
- ☐ 4 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 6 cups water
- ☐ 1 large onion white rinsed chopped well

Equipment

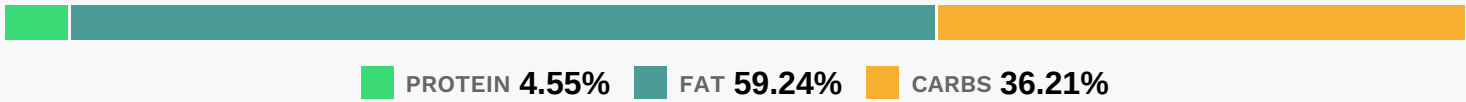
- ☐ sauce pan
- ☐ pot

☐ sieve

Directions

- ☐ Heat the oil in a 2-quart saucepan or small soup pot.
- ☐ Add the onion or leeks and sauté over medium heat until golden.
- ☐ Add the garlic and continue to sauté until the onion or leeks brown lightly.
- ☐ Add the wine and water. Bring to a simmer, then cover and simmer gently over low heat for 30 to 40 minutes. You may leave the onions and garlic in if you wish, or strain the stock through a fine strainer. Discard the solids or puree them and add to soup for a thicker consistency.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:1.2065217401832%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 41.91kcal (2.1%), Fat: 2.37g (3.64%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.79g (1.01%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 13.22mg (0.57%), Alcohol: 1.05g (100%), Alcohol %: 0.48% (100%), Protein: 0.41g (0.82%), Manganese: 0.07mg (3.28%), Vitamin C: 2.47mg (3%), Vitamin B6: 0.05mg (2.74%), Copper: 0.05mg (2.68%), Vitamin E: 0.34mg (2.28%), Fiber: 0.47g (1.87%), Calcium: 16.49mg (1.65%), Vitamin K: 1.54µg (1.47%), Magnesium: 5.37mg (1.34%), Potassium: 44.54mg (1.27%), Folate: 4.81µg (1.2%), Phosphorus: 10.31mg (1.03%), Vitamin B1: 0.02mg (1.03%)