



Passover Vegetable Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



48 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups carrots diced
- 8 cups chicken broth fat-free
- 7 teaspoons cilantro leaves fresh chopped
- 6 cups leek chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 3 cups turnip diced peeled

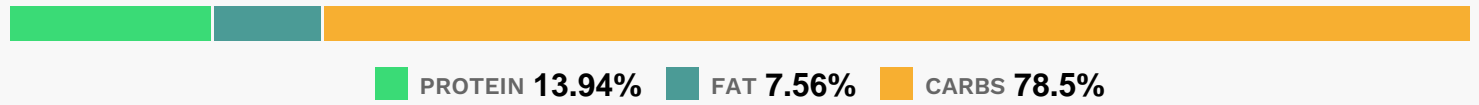
Equipment

- bowl
- ladle
- dutch oven

Directions

- Combine first 6 ingredients in a large Dutch oven; stir in saffron, if desired. Bring to a boil; cover, reduce heat, and simmer 1 hour or until vegetables are tender. Ladle soup into each of 14 bowls; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:10.38086955962%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 47.6kcal (2.38%), Fat: 0.43g (0.66%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 8.07g (2.94%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 658.83mg (28.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Vitamin A: 5221.63IU (104.43%), Vitamin K: 21.79µg (20.75%), Vitamin C: 12.06mg (14.62%), Manganese: 0.28mg (13.96%), Folate: 35.14µg (8.78%), Vitamin B6: 0.17mg (8.51%), Fiber: 1.97g (7.87%), Potassium: 249.3mg (7.12%), Iron: 1.15mg (6.41%), Vitamin B3: 1.26mg (6.29%), Copper: 0.11mg (5.35%), Selenium: 3.46µg (4.94%), Magnesium: 18.41mg (4.6%), Calcium: 45.34mg (4.53%), Phosphorus: 44.82mg (4.48%), Vitamin B12: 0.26µg (4.32%), Vitamin B1: 0.06mg (4.09%), Vitamin B2: 0.06mg (3.71%), Vitamin E: 0.54mg (3.61%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.21mg (1.42%)