



Peasant Soup

 Dairy Free

READY IN



125 min.

SERVINGS



71

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce angel hair coleslaw
- ☐ 9 baby carrots sliced
- ☐ 1 bay leaf
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 2 rib celery diced
- ☐ 72.5 ounce chicken broth divided canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped

- ☐ 0.5 cup cut green beans frozen
- ☐ 1 large onion coarsely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 russet potatoes peeled cut into 1/2-inch cubes
- ☐ 16 ounce kielbasa sausage cut into 1/4-inch-thick slices*

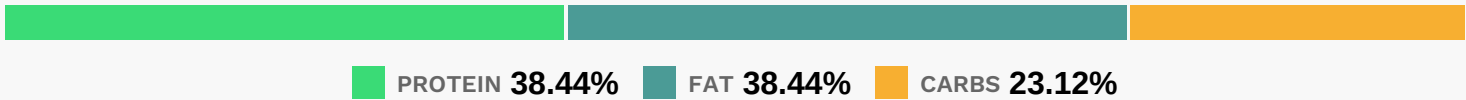
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Bring first 6 ingredients and 4 cans chicken broth to a boil in a stockpot; reduce heat, and simmer 45 minutes.
- ☐ Add remaining broth, coleslaw, and remaining ingredients; simmer 30 minutes or until vegetables are tender.
- ☐ Remove and discard bay leaf. (Freeze leftover soup up to 1 month.)
- ☐ * 1 pound coarsely chopped cooked ham may be substituted for kielbasa.
- ☐ Note: You may cook first 6 ingredients and 4 cans chicken broth in a 5-quart slow cooker on LOW for 4 hours.
- ☐ Add remaining can of broth, coleslaw and remaining ingredients, cook on high 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:2.41, Inflammation Score:-2, Nutrition Score:3.5634782884432%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 99.04kcal (4.95%), Fat: 4.13g (6.36%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.97g (1.81%), Sugar: 0.43g (0.48%), Cholesterol: 19.07mg (6.36%), Sodium: 197.3mg (8.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.61%), Selenium: 7.97µg (11.38%), Phosphorus: 71.53mg (7.15%), Zinc: 0.98mg (6.56%), Vitamin B3: 1.17mg (5.87%), Vitamin B12: 0.34µg (5.73%), Vitamin B6: 0.11mg (5.55%), Vitamin A: 254.5IU (5.09%), Vitamin K: 5.07µg (4.82%), Iron: 0.67mg (3.72%), Manganese: 0.07mg (3.63%), Potassium: 118.82mg (3.39%), Magnesium: 12.36mg (3.09%), Vitamin B2: 0.05mg (2.78%), Fiber: 0.63g (2.52%), Copper: 0.05mg (2.42%), Vitamin B1: 0.03mg (2.31%), Folate: 5.1µg (1.28%), Vitamin C: 1mg (1.22%)