



Pink Bean, Quinoa, and Spinach Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



156 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 baby carrots quartered
- 5 ounces baby spinach rinsed well
- 14 ounce canned tomatoes diced canned
- 1 pinch cinnamon
- 2 teaspoons curry powder
- 1.5 tablespoons olive oil extra virgin (I omitted this and used a little water in a non-stick pot)
- 2 cloves garlic minced
- 1 pinch nutmeg

- 15 ounce turtle beans drained and rinsed canned (I used pintos)
- 2 vegetable cube salt-free
- 1 medium onion finely chopped
- 0.5 cup quinoa
- 6 servings salt and pepper freshly ground to taste

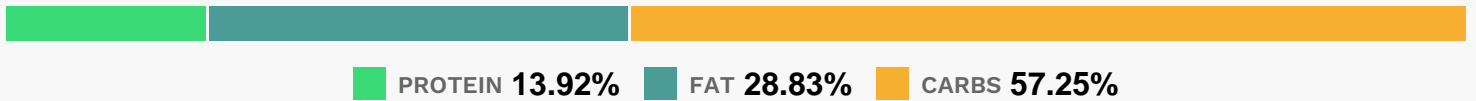
Equipment

- pot

Directions

- Heat the oil in a large soup pot.
- Add the onion and sauté over medium-low heat until translucent.
- Add the carrots and garlic, and continue to sauté until all are golden, about 5 minutes.
- Add 6 cups water, followed by the bouillon cubes, tomatoes, quinoa, beans, and spices. Bring to a rapid simmer, then cover and simmer gently for 15 to 20 minutes, or until the quinoa is tender.
- Add the spinach and cover. Cook for just a minute or two, until it is wilted, then stir in. Adjust the consistency with a little more water if the soup is too dense; season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.93, Inflammation Score:-10, Nutrition Score:20.858260880346%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 156.34kcal (7.82%), Fat: 5.31g (8.16%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 18.86g (6.86%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 543.15mg (23.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin K: 121.74µg (115.94%), Vitamin A: 4205.45IU (84.11%), Folate: 159.64µg (39.91%), Manganese: 0.72mg (36.06%), Vitamin C: 29.71mg (36.01%), Magnesium: 84.38mg (21.09%), Fiber: 4.85g (19.4%), Iron: 3.33mg (18.49%), Potassium: 626.99mg (17.91%), Copper: 0.32mg (15.79%), Vitamin E: 2.31mg (15.39%), Phosphorus: 137.7mg (13.77%), Vitamin B6: 0.27mg (13.53%), Calcium: 98.71mg (9.87%), Vitamin B1: 0.14mg (9.05%), Vitamin B2: 0.14mg (8.05%), Zinc: 1.12mg (7.49%), Vitamin B3: 1.32mg (6.61%), Vitamin B5: 0.39mg (3.91%), Selenium: 2.31µg (3.3%)