


 7%
HEALTH SCORE

Potato Soup With Peppers and Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

45 min.

SERVINGS

4

CALORIES

205 kcal

SOUP ANTIPASTI STARTER SNACK

Ingredients

- 300 g potatoes peeled cut into small pieces
- 2 cloves garlic chopped
- 4 servings olive oil
- 2 tablespoons roasted peppers red
- 12 olives pitted
- 4 servings oregano dried
- 4 servings salt and pepper

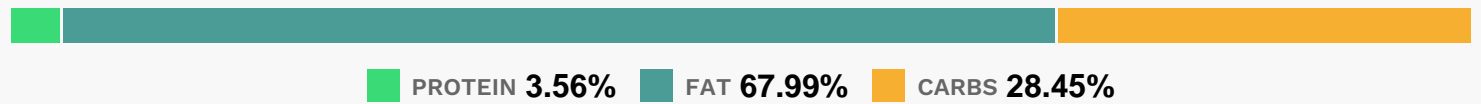
Equipment

- sauce pan
- oven
- blender
- microwave

Directions

- In a saucepan, fry garlic in olive oil until tender.
- Add potatoes, oregano and a pinch of salt.
- Cover with water (300 ml–400ml) and cook for 30 minutes or until potatoes are soft OR
- To speed up cooking, cook the potatoes, with some water, in a microwave oven for 15 minutes on MAX.
- Puree potatoes, peppers or pepper sauce and 4 olives in a blender.
- Add water if too thick, season with pepper and salt.
- Serve warm or hot, decorated with remaining olives.

Nutrition Facts



Properties

Glycemic Index:29.69, Glycemic Load:9.74, Inflammation Score:-7, Nutrition Score:6.4678260869565%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Taste

Sweetness: 17.37%, Saltiness: 94.81%, Sourness: 8.92%, Bitterness: 9.96%, Savoriness: 21.85%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 205.13kcal (10.26%), Fat: 15.98g (24.58%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 12.45g (4.53%), Sugar: 0.71g (0.78%), Cholesterol: 0mg (0%), Sodium: 487.49mg (21.2%),

Protein: 1.88g (3.77%), Vitamin C: 18.7mg (22.67%), Vitamin E: 2.66mg (17.76%), Vitamin K: 16.26µg (15.49%), Vitamin B6: 0.27mg (13.36%), Fiber: 2.59g (10.36%), Manganese: 0.2mg (10.1%), Potassium: 350.38mg (10.01%), Iron: 1.18mg (6.54%), Copper: 0.12mg (5.8%), Magnesium: 22.46mg (5.62%), Phosphorus: 48.48mg (4.85%), Vitamin B1: 0.07mg (4.61%), Vitamin B3: 0.92mg (4.58%), Folate: 15.96µg (3.99%), Calcium: 37.22mg (3.72%), Vitamin B5: 0.25mg (2.46%), Vitamin A: 104.25IU (2.09%), Vitamin B2: 0.03mg (2%), Zinc: 0.28mg (1.87%)