



## Potato, Spinach and Tomato Soup

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 28 ounce canned tomatoes diced chunky-style crushed canned
- ☐ 2 quarts chicken broth
- ☐ 3 cloves garlic crushed finely chopped
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 3 pounds all purpose potatoes peeled thinly sliced

- ☐ 4 servings salt and pepper
- ☐ 1 pound triple spinach fresh washed coarsely chopped

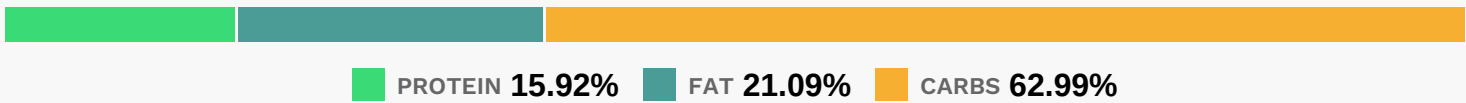
## Equipment

- ☐ pot
- ☐ stove

## Directions

- ☐ In a deep pot, saute garlic and onion in oil for 2 or 3 minutes.
- ☐ Add broth and bring liquid to a boil. As you slice potatoes, add them carefully to the broth. Cook potatoes 20 minutes, stirring occasionally. The potatoes will begin to break up and thicken broth as the soup cooks. Stir in spinach in bunches as it wilts into soup. Season soup with nutmeg, salt and pepper, to your taste. Stir in tomatoes and heat through, 1 or 2 minutes.
- ☐ Remove pot from the stove to a trivet. Stir grated cheese into your soup and serve.

## Nutrition Facts



## Properties

Glycemic Index:76.94, Glycemic Load:49.21, Inflammation Score:-10, Nutrition Score:50.16652156607%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 14.53mg, Quercetin: 14.53mg, Quercetin: 14.53mg

## Nutrients (% of daily need)

Calories: 509.81kcal (25.49%), Fat: 12.62g (19.42%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 84.81g (28.27%), Net Carbohydrates: 70.35g (25.58%), Sugar: 15.64g (17.38%), Cholesterol: 17.96mg (5.99%), Sodium: 2523.51mg (109.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Vitamin K: 569.31µg (542.2%), Vitamin A: 11174.97IU (223.5%), Vitamin C: 120.62mg (146.21%), Manganese: 2.21mg (110.56%), Vitamin B6: 1.61mg (80.34%), Potassium: 2807.42mg (80.21%), Folate: 308.38µg (77.1%), Fiber: 14.46g (57.84%), Magnesium: 222.3mg (55.57%), Iron: 8.9mg (49.45%), Copper: 0.98mg (48.79%), Vitamin B2: 0.76mg (44.69%), Phosphorus: 433.24mg

(43.32%), Vitamin B1: 0.64mg (42.39%), Vitamin E: 6.05mg (40.34%), Calcium: 400.6mg (40.06%), Vitamin B3: 7.96mg (39.81%), Zinc: 2.89mg (19.28%), Vitamin B5: 1.79mg (17.91%), Selenium: 8.56µg (12.23%), Vitamin B12: 0.24µg (4.08%)