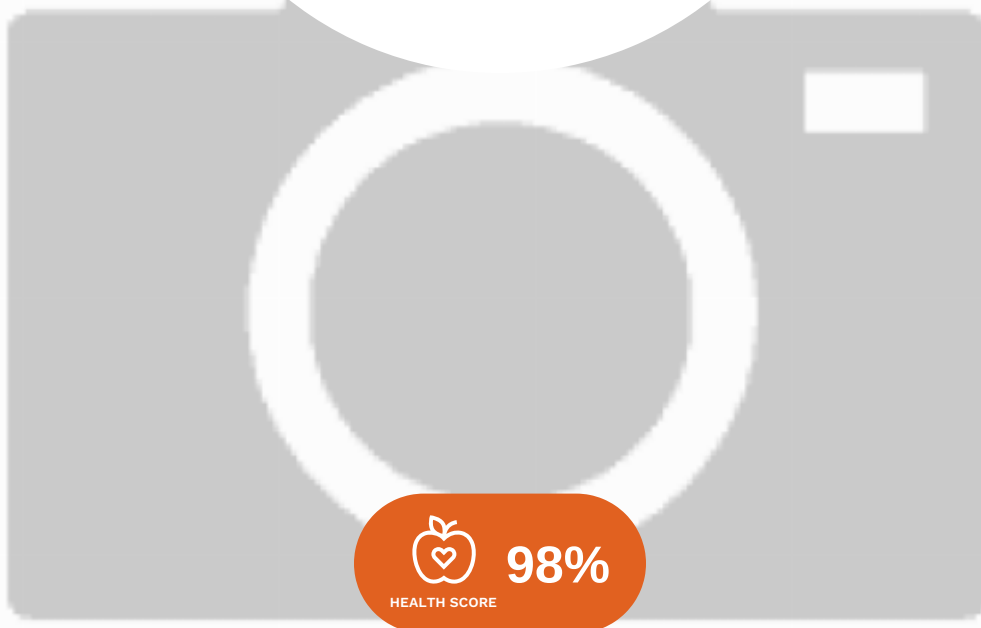




Quick Veggie Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cubes beef bouillon from cube
- ☐ 2 pound vegetables mixed frozen
- ☐ 8 servings ground pepper black to taste
- ☐ 1 onion diced finely
- ☐ 4 potatoes cubed peeled
- ☐ 46 fluid ounce sacramento tomato juice canned
- ☐ 2 cups water

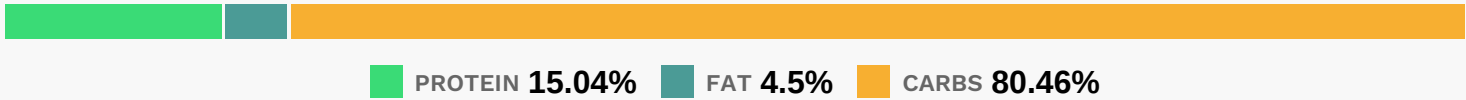
Equipment

pot

Directions

In a large stock pot combine tomato juice, potatoes, mixed vegetables, onion, bouillon cubes, water and season with pepper. Bring to a boil and then simmer until potatoes are done, approximately 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:22.23, Inflammation Score:-10, Nutrition Score:23.328260878668%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 214.88kcal (10.74%), Fat: 1.18g (1.82%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 37.24g (13.54%), Sugar: 8.9g (9.88%), Cholesterol: 0mg (0%), Sodium: 295.09mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Vitamin A: 6126.87IU (122.54%), Vitamin C: 49.43mg (59.92%), Fiber: 10.37g (41.47%), Manganese: 0.78mg (39.07%), Vitamin B6: 0.7mg (34.75%), Potassium: 1209.43mg (34.56%), Copper: 0.55mg (27.39%), Vitamin B1: 0.36mg (23.84%), Vitamin B3: 4.65mg (23.26%), Iron: 4.16mg (23.11%), Magnesium: 87.89mg (21.97%), Folate: 74.7µg (18.67%), Phosphorus: 186.42mg (18.64%), Vitamin E: 2.14mg (14.27%), Vitamin B2: 0.22mg (13.13%), Vitamin K: 11.25µg (10.72%), Calcium: 104.44mg (10.44%), Vitamin B5: 0.99mg (9.91%), Zinc: 1.31mg (8.72%), Selenium: 1.88µg (2.69%)