



Quinoa and Vegetable Soup



Vegetarian



Gluten Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



2 tablespoons butter



2 cups cabbage shredded



28 ounce canned tomatoes crushed canned



0.5 cup carrots diced



0.5 cup celery chopped



64 ounce cartons chicken broth



1 teaspoon basil dried

- ☐ 2 tablespoons parsley dried
- ☐ 1 pinch thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 cup quinoa
- ☐ 15 ounce kidney beans light red drained canned

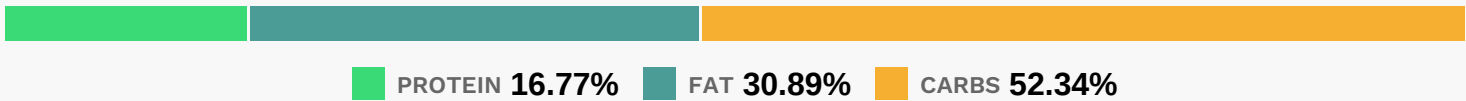
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil and butter in a large pot or Dutch oven over medium heat; cook and stir onion, garlic, carrot, and celery until softened, 5 to 10 minutes.
- ☐ Add parsley, basil, bay leaf, thyme, chicken broth, and tomatoes; bring to a boil. Reduce heat and simmer until heated through, 10 minutes.
- ☐ Stir cabbage, kidney beans, and quinoa into the soup. Cover and simmer until quinoa is tender, 30 minutes.
- ☐ Garnish each serving with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:49.85, Glycemic Load:7.26, Inflammation Score:-9, Nutrition Score:23.602608727372%

Flavonoids

Apigenin: 30.29mg, Apigenin: 30.29mg, Apigenin: 30.29mg, Apigenin: 30.29mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 299.28kcal (14.96%), Fat: 10.8g (16.62%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 30.83g (11.21%), Sugar: 9.55g (10.61%), Cholesterol: 16.08mg (5.36%), Sodium: 1351.02mg (58.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.4%), Manganese: 1.19mg (59.31%), Vitamin K: 50.28µg (47.89%), Vitamin A: 2268.6IU (45.37%), Fiber: 10.35g (41.39%), Folate: 155.97µg (38.99%), Vitamin C: 24.82mg (30.09%), Iron: 5.24mg (29.11%), Copper: 0.57mg (28.62%), Potassium: 955.69mg (27.31%), Magnesium: 100.29mg (25.07%), Phosphorus: 242.28mg (24.23%), Vitamin B1: 0.36mg (24.1%), Vitamin B2: 0.38mg (22.29%), Vitamin B6: 0.44mg (21.97%), Vitamin E: 3.13mg (20.89%), Vitamin B3: 3.19mg (15.97%), Zinc: 1.94mg (12.91%), Calcium: 118.19mg (11.82%), Vitamin B5: 0.8mg (7.99%), Selenium: 4.48µg (6.4%), Vitamin B12: 0.07µg (1.14%)