



Quinoa Vegetable Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 head cabbage chopped
- ☐ 1 carrots diced
- ☐ 1 stalk celery diced
- ☐ 30 ounce chicken broth canned
- ☐ 0.3 cup parsley fresh chopped for garnish
- ☐ 2 cloves garlic crushed
- ☐ 0.5 bell pepper green seeded chopped
- ☐ 0.5 onion finely chopped

- ☐ 0.7 cup quinoa
- ☐ 6 servings salt and pepper to taste
- ☐ 2 large tomatoes finely chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 3.5 cups water

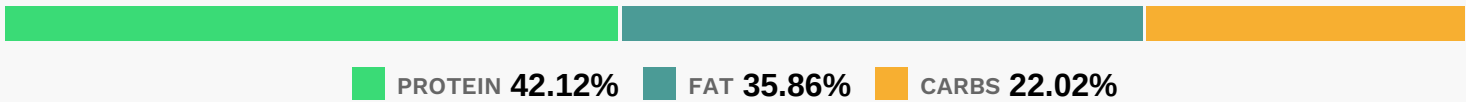
Equipment

- ☐ pot

Directions

- ☐ Heat the vegetable oil in a large pot on medium-high heat. Stir in the quinoa, carrot, celery, onion, bell pepper, and garlic. Cook for a few minutes, until lightly browned, stirring frequently.
- ☐ Pour in the chicken broth, water, tomatoes, and cabbage. Increase heat to high and bring to a boil. Reduce heat to medium and simmer until the quinoa and vegetables are tender, about 10 minutes. Season to taste with salt and pepper.
- ☐ Garnish with parsley before servings.

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:23.230869674164%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 5.61mg, Apigenin: 5.61mg, Apigenin: 5.61mg, Apigenin: 5.61mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 385.3kcal (19.27%), Fat: 15.14g (23.29%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 17.11g (6.22%), Sugar: 4.04g (4.48%), Cholesterol: 70.87mg (23.62%), Sodium: 909.28mg (39.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.01g (80.02%), Vitamin K: 86.06µg (81.96%),

Vitamin A: 2771.91IU (55.44%), Vitamin C: 35.25mg (42.73%), Selenium: 28.03µg (40.04%), Phosphorus: 340.37mg (34.04%), Zinc: 4.41mg (29.43%), Manganese: 0.58mg (29.01%), Vitamin B6: 0.52mg (26.18%), Vitamin B12: 1.42µg (23.62%), Vitamin B3: 4.36mg (21.79%), Magnesium: 82.1mg (20.53%), Folate: 73.85µg (18.46%), Iron: 3.32mg (18.44%), Potassium: 629.82mg (17.99%), Fiber: 3.82g (15.26%), Vitamin B2: 0.25mg (14.53%), Copper: 0.27mg (13.56%), Vitamin E: 1.63mg (10.85%), Vitamin B1: 0.14mg (9.04%), Calcium: 68.56mg (6.86%), Vitamin B5: 0.36mg (3.61%)