



Rustic Vegetable and Polenta Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



311 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium carrots diced peeled
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 3 cloves garlic peeled smashed chopped
- 4 servings kosher salt and pepper black freshly ground
- 4 cups chicken broth low-sodium
- 3 tablespoons olive oil extra-virgin
- 1 medium onion chopped

- 3 plum tomatoes diced
- 0.3 cup polenta such as gia russa instant
- 3 tablespoons butter unsalted at room temperature
- 2 medium zucchini diced

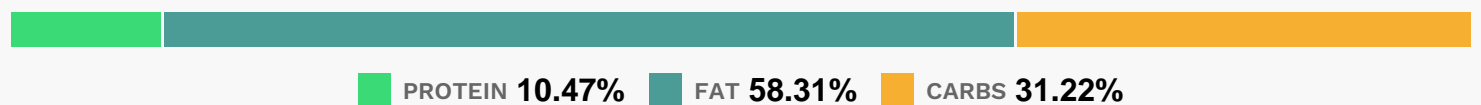
Equipment

- bowl
- sauce pan
- ladle

Directions

- In a large heavy saucepan, heat the olive oil over medium-high heat.
- Add the carrots, onions, 1 tablespoon salt and 1 teaspoon pepper. Cook, stirring frequently, until the onion begins to brown, about 6 minutes.
- Add the parsley, thyme, garlic, tomatoes and zucchini, and cook for 3 minutes.
- Add the chicken broth and bring to a boil. Slowly stir in the polenta and cook until the soup thickens and the vegetables are tender, about 8 minutes.
- Stir in the butter and season with salt and pepper.
- Ladle into soup bowls and serve.

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:18.31173916485%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 311.42kcal (15.57%), Fat: 21.19g (32.6%), Saturated Fat: 7.42g (46.4%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 21.82g (7.94%), Sugar: 6.72g (7.47%), Cholesterol: 22.58mg (7.53%), Sodium: 106.44mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.13%), Vitamin A: 6305.49IU (126.11%), Vitamin K: 52.12µg (49.64%), Vitamin C: 36.71mg (44.5%), Vitamin B3: 4.55mg (22.77%), Potassium: 770.22mg (22.01%), Manganese: 0.43mg (21.69%), Vitamin B6: 0.36mg (17.88%), Phosphorus: 158.51mg (15.85%), Vitamin E: 2.35mg (15.66%), Fiber: 3.7g (14.8%), Vitamin B2: 0.23mg (13.34%), Copper: 0.27mg (13.31%), Folate: 47.19µg (11.8%), Iron: 2.11mg (11.72%), Magnesium: 42.65mg (10.66%), Vitamin B1: 0.12mg (7.99%), Calcium: 70.5mg (7.05%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.47mg (4.71%), Selenium: 3.05µg (4.35%), Vitamin B12: 0.25µg (4.23%), Vitamin D: 0.16µg (1.05%)