



HEALTH SCORE

82%

Salsa Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



8

CALORIES



227 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 1 head broccoli cut into florets
- 4 carrots diced
- 1 pinch chili powder
- 7 cloves garlic minced
- 1.5 teaspoons garlic powder
- 1 pinch ground paprika
- 1 teaspoon ground pepper black

- 1.5 teaspoons penzey's southwest seasoning italian
- 2 tablespoons olive oil
- 0.5 onion diced
- 1.5 teaspoons onion powder
- 0.5 cup peas frozen
- 5 potatoes red cut into 1-inch cubes
- 4 cups salsa
- 1 bell pepper diced yellow
- 1 zucchini sliced quartered

Equipment

- pot

Directions

- Heat olive oil in a large pot over medium heat; cook and stir onion, yellow bell pepper, and garlic in the hot oil until softened, 5 to 10 minutes.
- Add potatoes, carrots, zucchini, and enough water to cover mixture by 2 inches. Stir salsa into the mixture and add Italian seasoning, onion powder, garlic powder, black pepper, bay leaves, chili powder, and paprika.
- Cook soup over medium-low, maintaining a slight boil, until potatoes soften, about 40 minutes.
- Add broccoli and peas; cook until broccoli is tender, about 20 more minutes.
- Remove bay leaves.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:2.82, Inflammation Score:-10, Nutrition Score:28.835217579551%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 227.27kcal (11.36%), Fat: 4.49g (6.91%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 34.72g (12.63%), Sugar: 10.91g (12.12%), Cholesterol: 0mg (0%), Sodium: 927.36mg (40.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Vitamin C: 120.26mg (145.77%), Vitamin A: 6369.74IU (127.39%), Vitamin K: 99.13µg (94.41%), Potassium: 1436.18mg (41.03%), Vitamin B6: 0.77mg (38.44%), Manganese: 0.75mg (37.6%), Fiber: 8.85g (35.38%), Folate: 101.35µg (25.34%), Phosphorus: 216.91mg (21.69%), Vitamin B3: 4.26mg (21.29%), Magnesium: 81.3mg (20.33%), Vitamin E: 3.03mg (20.18%), Copper: 0.38mg (19.02%), Vitamin B1: 0.28mg (18.69%), Iron: 2.76mg (15.33%), Vitamin B2: 0.24mg (13.93%), Vitamin B5: 1.28mg (12.76%), Calcium: 118.95mg (11.89%), Zinc: 1.39mg (9.26%), Selenium: 4.65µg (6.64%)