



Spicy and Creamy Vegetable Soup

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 14 ounce canned tomatoes diced with green chile peppers such as ro*tel® canned
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 3 tablespoons chicken soup base
- ☐ 1 teaspoon dill weed dried
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried

- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 large cloves garlic finely chopped
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 bunch kale stemmed chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup potatoes cubed peeled
- ☐ 6 cups water
- ☐ 0.5 onion white chopped

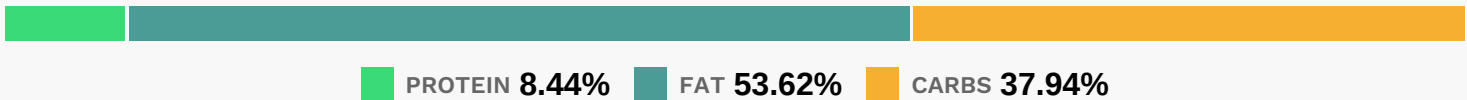
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 1 tablespoon olive oil in a large pot over medium heat; cook and stir onion, carrot, and celery until onion is translucent, about 5 minutes.
- ☐ Add garlic, bay leaves, parsley, thyme, rosemary, and dill weed; cook until garlic is fragrant, 1 to 2 minutes.
- ☐ Pour water into onion mixture and bring to a boil. Stir chicken base into the boiling water until dissolved, 1 to 2 minutes.
- ☐ Add tomatoes with green chiles, potatoes, and green beans; bring soup to a boil. Reduce heat and simmer until potatoes are tender, 10 to 15 minutes.
- ☐ Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium heat; cook and stir mushrooms until golden brown, 10 to 15 minutes.
- ☐ Add browned mushrooms to the soup. Stir heavy cream and kale into soup; cook until kale is tender and soup is heated through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:8.39999999165535%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 99.08kcal (4.95%), Fat: 6.15g (9.46%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 7.07g (2.57%), Sugar: 3.22g (3.57%), Cholesterol: 13.64mg (4.55%), Sodium: 515.84mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin A: 1961.7IU (39.23%), Vitamin K: 37.61µg (35.82%), Vitamin C: 17.5mg (21.21%), Fiber: 2.72g (10.87%), Vitamin B2: 0.16mg (9.4%), Potassium: 252.1mg (7.2%), Manganese: 0.14mg (7.19%), Vitamin B6: 0.14mg (6.9%), Copper: 0.13mg (6.74%), Vitamin B3: 1.27mg (6.34%), Phosphorus: 52.33mg (5.23%), Vitamin B5: 0.49mg (4.92%), Calcium: 46.73mg (4.67%), Selenium: 3.24µg (4.63%), Folate: 17.27µg (4.32%), Vitamin B1: 0.06mg (3.86%), Iron: 0.69mg (3.81%), Magnesium: 15.2mg (3.8%), Vitamin E: 0.43mg (2.89%), Zinc: 0.31mg (2.06%), Vitamin D: 0.24µg (1.57%)