



Spinach and Mint Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup mint leaves fresh divided chopped
- ☐ 20 ounce spinach frozen thawed drained chopped well
- ☐ 2 large garlic clove peeled
- ☐ 3 spring onion chopped
- ☐ 2 teaspoons paprika sweet
- ☐ 4.5 cups chicken broth ()
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided

- ☐ 1.5 cups onion chopped
- ☐ 9 ounce baking potatoes peeled thinly sliced

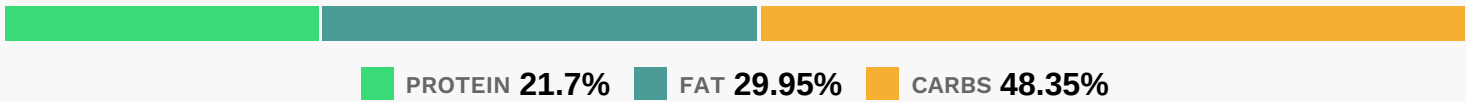
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat 1/4 cup oil in large saucepan over medium heat.
- ☐ Add onion; sauté until tender, about 8 minutes.
- ☐ Add potato and garlic; sauté 5 minutes.
- ☐ Add 4 1/2 cups broth and green onions; bring to boil. Cover and simmer until potato is tender, about 15 minutes.
- ☐ Add spinach, 3/4 cup mint, and cilantro. Simmer soup 1 minute.
- ☐ Puree soup in blender in batches; return to same pot. Thin with more broth by 1/4 cupfuls, if desired. Season soup with salt and pepper. DO AHEAD Can be made 1 day ahead. Chill until cold, then cover and keep chilled. Rewarm before serving.
- ☐ Heat remaining 1/4 cup oil in small skillet over low heat.
- ☐ Mix in paprika; cook 1 minute. Ladle soup into bowls.
- ☐ Drizzle with paprika oil; garnish with 1/4 cup mint.

Nutrition Facts



Properties

Glycemic Index:27.59, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:20.149130562077%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 110.92kcal (5.55%), Fat: 4.09g (6.29%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 11.1g (4.04%), Sugar: 2.27g (2.53%), Cholesterol: 0mg (0%), Sodium: 98.36mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.33%), Vitamin K: 277.77µg (264.54%), Vitamin A: 8886.72IU (177.73%), Manganese: 0.68mg (34.22%), Folate: 122.91µg (30.73%), Magnesium: 71.47mg (17.87%), Vitamin E: 2.64mg (17.61%), Potassium: 598.52mg (17.1%), Vitamin B6: 0.31mg (15.61%), Fiber: 3.76g (15.02%), Vitamin B2: 0.24mg (14.34%), Iron: 2.45mg (13.63%), Vitamin B3: 2.73mg (13.63%), Vitamin C: 10.99mg (13.32%), Calcium: 127.67mg (12.77%), Copper: 0.24mg (12.19%), Phosphorus: 109.6mg (10.96%), Vitamin B1: 0.12mg (7.82%), Selenium: 4.7µg (6.72%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.13µg (2.21%)