



Spinach Beet Soup

READY IN



35 min.

SERVINGS



4

CALORIES



215 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.5 cup beets canned sliced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 cup orzo pasta
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 4 cups pkt spinach fresh
- ☐ 1 teaspoon thyme leaves
- ☐ 2 cups water to taste

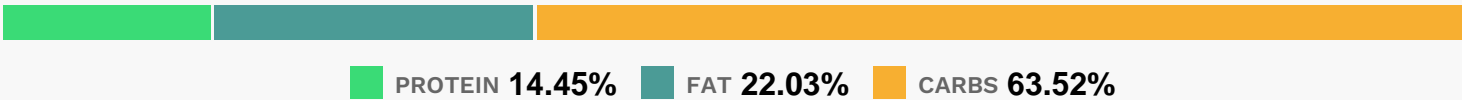
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until cooked through but firm to the bite, about 11 minutes.
- ☐ Drain, reserving some of the water.
- ☐ Combine spinach and beets in a blender adding as much of the reserved water as needed to help the mixture blend smoothly; blend until smooth.
- ☐ Melt butter in a large pot over medium heat. Stir blended spinach mixture with the melted butter; cook until the color begins to change, 5 to 7 minutes. Stir water into the mixture to thin the liquid. Stir drained orzo pasta into the soup; season with thyme, salt, and pepper.
- ☐ Remove pot from heat and stir sour cream through the soup.
- ☐ Sprinkle with Cheddar cheese to serve.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:11.48, Inflammation Score:-10, Nutrition Score:16.362173962852%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 214.88kcal (10.74%), Fat: 5.3g (8.15%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 32.17g (11.7%), Sugar: 4.48g (4.98%), Cholesterol: 13.29mg (4.43%), Sodium: 130.29mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.63%), Vitamin K: 145.53µg (138.6%), Vitamin A: 2990.69IU (59.81%), Selenium: 26.52µg (37.89%), Manganese: 0.7mg (34.91%), Folate: 74.73µg (18.68%),

Magnesium: 52.52mg (13.13%), Phosphorus: 128.29mg (12.83%), Vitamin C: 9.94mg (12.05%), Copper: 0.21mg (10.34%), Calcium: 103mg (10.3%), Fiber: 2.18g (8.73%), Potassium: 301.27mg (8.61%), Iron: 1.53mg (8.5%), Vitamin B2: 0.14mg (8.06%), Zinc: 1.06mg (7.09%), Vitamin B6: 0.14mg (6.77%), Vitamin E: 0.77mg (5.15%), Vitamin B3: 0.95mg (4.73%), Vitamin B1: 0.06mg (4.24%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.09µg (1.49%)