



## Spring Vegetable Soup

 Gluten Free  Dairy Free

READY IN



67 min.

SERVINGS



16

CALORIES



79 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup carrots coarsely chopped
- 1 cup celery coarsely chopped
- 70 oz chicken broth low-sodium canned ( 2 qt.)
- 0.3 tsp ground pepper black
- 1 lb leeks cleaned cut into 1/4-inch-thick slices
- 1 Tbsp butter
- 2 cups potatoes cubed unpeeled
- 0.3 tsp salt

- 0.1 tsp thyme leaves dried
- 1.5 cups classico tomato and basil pasta sauce
- 2 cups zucchini chopped

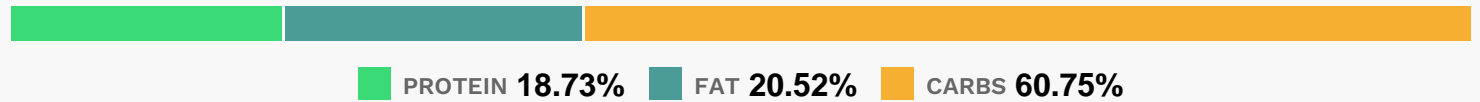
## Equipment

- pot

## Directions

- Melt margarine in large stockpot.
- Add leeks, carrots and celery; cook 5 min. or until crisp-tender, stirring occasionally.
- Add zucchini and potatoes; cook and stir 2 min.
- Add chicken broth, pasta sauce, salt, pepper and thyme; simmer 30 to 40 min. or until potatoes are tender, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:17.91, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:7.6960869561071%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 78.96kcal (3.95%), Fat: 1.92g (2.95%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10.83g (3.94%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 144.92mg (6.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 1971.01IU (39.42%), Vitamin K: 17.45µg (16.62%), Vitamin C: 12.59mg (15.26%), Manganese: 0.23mg (11.3%), Vitamin B3: 2.26mg (11.29%), Potassium: 389mg (11.11%), Vitamin B6: 0.2mg (9.85%), Fiber: 1.95g (7.81%), Folate: 29.87µg (7.47%), Phosphorus: 72.56mg (7.26%), Copper: 0.14mg (7.01%), Iron: 1.23mg (6.82%), Magnesium: 19.75mg (4.94%), Vitamin B2: 0.08mg (4.55%), Calcium: 36.68mg (3.67%), Vitamin B1: 0.05mg (3.45%), Vitamin E: 0.38mg (2.53%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.12µg (2.08%), Vitamin B5: 0.19mg (1.88%)