



Stinging Nettle Soup

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



5

CALORIES



117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup rice
- 4 cups chicken broth
- 1 tablespoon olive oil extra virgin
- 1 pound stinging nettles
- 2 teaspoons salt
- 5 servings salt and pepper to taste
- 1 onion diced white

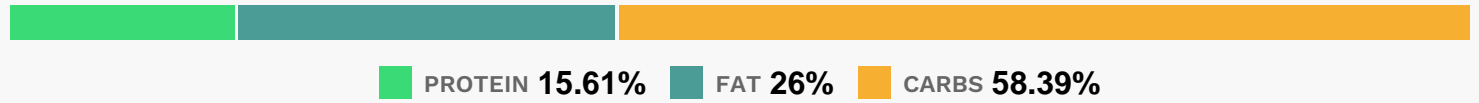
Equipment

- sauce pan
- pot
- immersion blender
- colander

Directions

- Bring a large pot of water to a boil with 2 teaspoons of salt. Drop in the stinging nettles, and cook 1 to 2 minutes until they soften. This will remove most of the sting.
- Drain in a colander, and rinse with cold water. Trim off any tough stems, then chop coarsely.
- Heat the olive oil in a saucepan over medium-low heat, and stir in the onion. Cook until the onion has softened and turned translucent, about 5 minutes. Stir in the rice, chicken broth, and chopped nettles. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, about 15 minutes. Puree the soup with an immersion blender, and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:4.91, Inflammation Score:-8, Nutrition Score:15.477826159933%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 116.7kcal (5.83%), Fat: 3.38g (5.2%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 10.32g (3.75%), Sugar: 1.98g (2.2%), Cholesterol: 3.76mg (1.25%), Sodium: 1826.49mg (79.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin K: 454.11µg (432.48%), Manganese: 0.93mg (46.25%), Calcium: 452.25mg (45.22%), Vitamin A: 1828.55IU (36.57%), Fiber: 6.75g (27.02%), Vitamin B2: 0.27mg (15.68%), Magnesium: 58.13mg (14.53%), Potassium: 379.86mg (10.85%), Iron: 1.76mg (9.8%), Phosphorus: 88.95mg (8.89%), Vitamin B6: 0.14mg (6.75%), Copper: 0.13mg (6.35%), Vitamin B3: 0.94mg (4.69%), Folate: 17.62µg (4.41%), Vitamin B1: 0.06mg (4.22%), Zinc: 0.58mg (3.87%), Selenium: 2.53µg (3.62%), Vitamin E: 0.49mg

(3.29%), Vitamin C: 1.63mg (1.97%), Vitamin B5: 0.14mg (1.38%)