



Stinging Nettle Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



79 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

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

Equipment

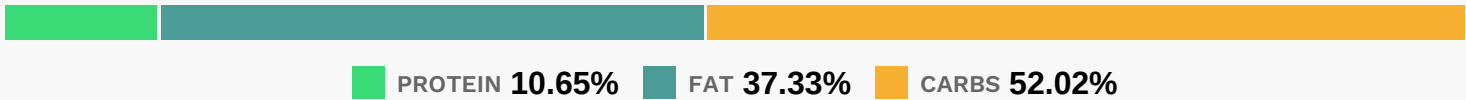
- ☐ sauce pan

- ☐ 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:-1, Nutrition Score:2.4526087078063%

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: 78.59kcal (3.93%), Fat: 3.28g (5.04%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.78g (3.56%), Sugar: 1.75g (1.95%), Cholesterol: 3.76mg (1.25%), Sodium: 1822.86mg (79.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Manganese: 0.22mg (10.92%), Vitamin B2: 0.12mg (7.14%), Vitamin B1: 0.06mg (3.74%), Vitamin E: 0.49mg (3.29%), Selenium: 2.26µg (3.23%), Vitamin B3: 0.59mg (2.93%), Copper: 0.06mg (2.9%), Phosphorus: 24.54mg (2.45%), Potassium: 76.86mg (2.2%), Vitamin B6: 0.04mg (2.08%), Fiber: 0.49g (1.98%), Vitamin C: 1.63mg (1.97%), Zinc: 0.27mg (1.82%), Vitamin K: 1.78µg (1.7%), Magnesium: 6.42mg (1.61%), Calcium: 15.89mg (1.59%), Iron: 0.28mg (1.54%), Vitamin B5: 0.14mg (1.38%), Folate: 4.92µg (1.23%)