



Summer Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



51 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup avocado chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup celery hearts chopped
- ☐ 1 cup cucumber chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 cup pkt spinach
- ☐ 0.3 cup tomatoes chopped
- ☐ 0.3 cup water

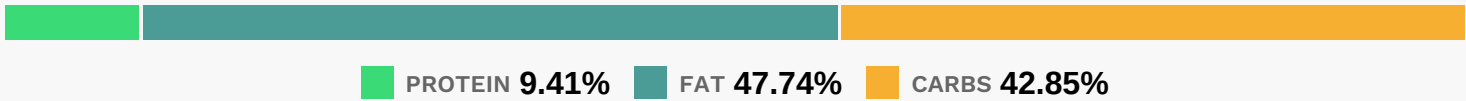
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Blend celery, cucumber, red bell pepper, avocado, lemon juice, and tomato in a high-speed blender until smooth, about 30 seconds.
- ☐ Add spinach, water, salt, and cayenne pepper; continue to blend until smooth. Ladle into soup bowls and garnish with paprika.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:10.166086984717%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 50.93kcal (2.55%), Fat: 3.08g (4.74%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 321.27mg (13.97%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Vitamin K: 52.1µg (49.62%), Vitamin C: 36.95mg (44.78%), Vitamin A: 1827.88IU (36.56%), Folate: 56.87µg (14.22%), Fiber: 2.82g (11.26%), Potassium: 334.71mg (9.56%), Manganese: 0.19mg (9.43%), Vitamin B6: 0.18mg (9.04%), Vitamin E: 1.17mg (7.79%), Magnesium: 23.54mg (5.88%), Vitamin B2: 0.09mg (5.2%), Vitamin B5: 0.51mg (5.07%), Copper: 0.1mg (4.78%), Vitamin B3: 0.79mg (3.93%), Iron: 0.67mg (3.7%), Phosphorus: 36.7mg (3.67%), Vitamin B1: 0.05mg (3.55%), Calcium: 29.53mg (2.95%), Zinc: 0.35mg (2.31%)