

 **100%**
HEALTH SCORE

Three-Greens Soup with Spinach Gremolata



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces collard greens chopped (2 cups)
- ☐ 4 garlic cloves finely grated thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons juice of lemon fresh ()
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 4 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 7 ounces onion thinly sliced

- ☐ 1 tablespoon pinenuts toasted
- ☐ 12 ounces swiss chard coarsely chopped (8 cups)
- ☐ 4 cups bag packaged spinach divided (not baby)
- ☐ 1 pound yukon gold potatoes cut into 1/2" pieces

Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ Heat 1 tablespoon oil in a small pot over medium heat.
- ☐ Add onion and season with salt and pepper. Cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Add thinly sliced garlic to pot. Cook, stirring constantly, for 1 minute.
- ☐ Add broth, potatoes, collards, and 2 cups water; bring to a boil. Reduce heat to medium. Simmer soup until potatoes are tender when pierced with a knife, about 10 minutes.
- ☐ Add Swiss chard to pot and cook for 5 minutes. Stir in 3 cups spinach and 2 teaspoons lemon juice until spinach is wilted.
- ☐ Meanwhile, chop the remaining 1 cup spinach; place in a small bowl.
- ☐ Add lemon zest, finely grated garlic clove, and the remaining 1 tablespoon oil to chopped spinach; toss to coat. Season spinach gremolata to taste with salt, pepper, and more lemon juice, if desired.
- ☐ Season soup with salt and pepper. Divide among bowls. Mound spinach gremolata on top of soup in bowls.
- ☐ Garnish with pine nuts.
- ☐ Per serving: 235 calories, 9 g fat, 32 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **16.02%**  FAT **34.31%**  CARBS **49.67%**

Properties

Glycemic Index:51.19, Glycemic Load:16.4, Inflammation Score:-10, Nutrition Score:30.526521724203%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.49mg, Isorhamnetin: 2.49mg, Isorhamnetin: 2.49mg, Isorhamnetin: 2.49mg Kaempferol: 11.13mg, Kaempferol: 11.13mg, Kaempferol: 11.13mg, Kaempferol: 11.13mg Myricetin: 2.7mg, Myricetin: 2.7mg, Myricetin: 2.7mg, Myricetin: 2.7mg Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg

Nutrients (% of daily need)

Calories: 263.67kcal (13.18%), Fat: 10.82g (16.65%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 27.99g (10.18%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 271.19mg (11.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.73%), Vitamin K: 961.81µg (916.01%), Vitamin A: 8052.75IU (161.05%), Vitamin C: 74.75mg (90.61%), Manganese: 1.21mg (60.26%), Potassium: 1228.43mg (35.1%), Vitamin B6: 0.64mg (31.91%), Magnesium: 125.1mg (31.27%), Fiber: 7.26g (29.04%), Folate: 114.21µg (28.55%), Vitamin E: 4.16mg (27.74%), Vitamin B3: 5.39mg (26.93%), Copper: 0.49mg (24.26%), Phosphorus: 222.56mg (22.26%), Calcium: 217.21mg (21.72%), Iron: 3.53mg (19.61%), Vitamin B2: 0.28mg (16.53%), Vitamin B1: 0.19mg (12.97%), Zinc: 1.28mg (8.5%), Vitamin B5: 0.73mg (7.28%), Vitamin B12: 0.24µg (3.93%), Selenium: 2.55µg (3.64%)