



Three Sisters Soup

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 cups butternut squash cubed peeled
- ☐ 1.5 tablespoons chicken soup base
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups green beans fresh trimmed
- ☐ 2 cups hominy white yellow canned drained
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups potatoes diced peeled
- ☐ 5 cups water

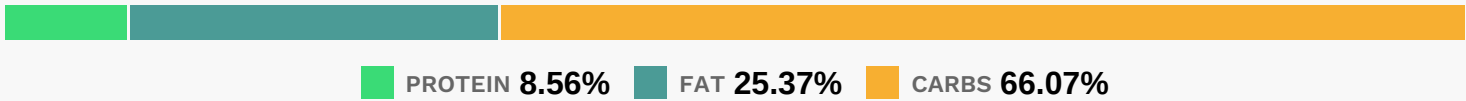
Equipment

☐ pot

Directions

☐ Place the hominy, green beans, squash, and potatoes into a pot, and pour in water and chicken bouillon. Bring to a boil, then reduce heat to low, and simmer until vegetables are soft, about 10 minutes. Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens. Season with pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:47.79, Glycemic Load:8.83, Inflammation Score:-10, Nutrition Score:13.3986956529%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 158.5kcal (7.92%), Fat: 4.64g (7.14%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 22.67g (8.24%), Sugar: 3.86g (4.29%), Cholesterol: 10.2mg (3.4%), Sodium: 535.34mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin A: 5332.37IU (106.65%), Vitamin C: 24.63mg (29.85%), Fiber: 4.54g (18.17%), Vitamin K: 17.86µg (17.01%), Manganese: 0.32mg (16.09%), Vitamin B6: 0.28mg (14.2%), Potassium: 476.37mg (13.61%), Magnesium: 49.37mg (12.34%), Folate: 38.78µg (9.69%), Vitamin B1: 0.14mg (9.44%), Iron: 1.59mg (8.85%), Phosphorus: 84.54mg (8.45%), Copper: 0.17mg (8.42%), Vitamin B3: 1.58mg (7.91%), Vitamin E: 0.97mg (6.48%), Zinc: 0.93mg (6.21%), Calcium: 57.88mg (5.79%), Vitamin B5: 0.53mg (5.34%), Vitamin B2: 0.09mg (5.12%), Selenium: 3.51µg (5.01%)