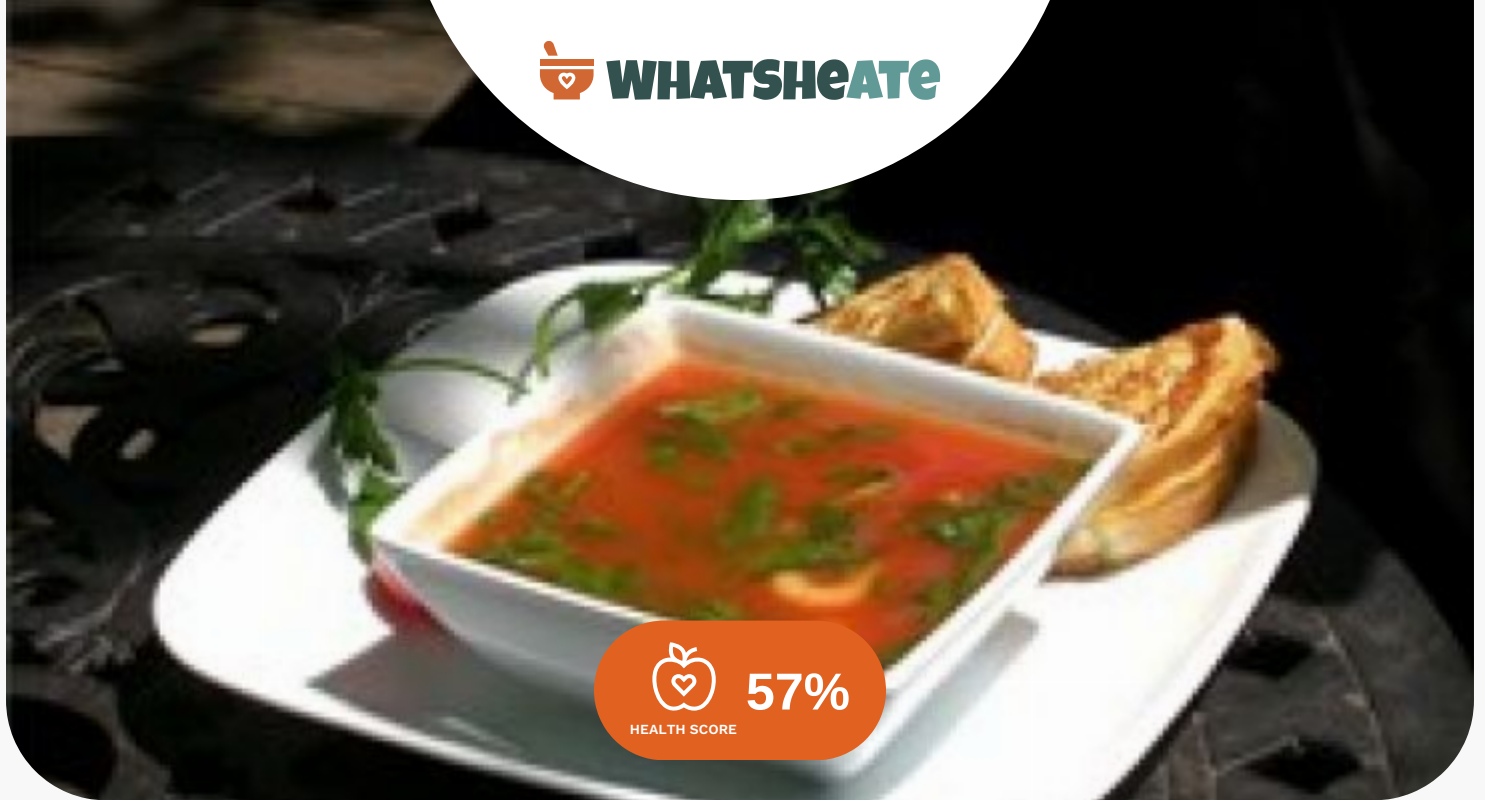




HEALTH SCORE

57%

Tomato Florentine Soup I



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes chopped canned
- ☐ 29 ounce chicken broth canned
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.5 cup macaroni cooked
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 1 pinch ground nutmeg
- ☐ 6 servings ground pepper black to taste
- ☐ 6 servings salt to taste

- ☐ 12 fluid ounce tomato-vegetable juice cocktail canned
- ☐ 1 tablespoon sugar white

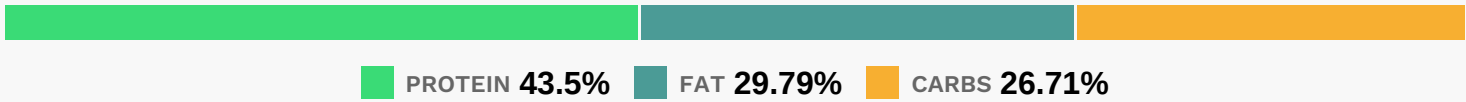
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine broth, tomatoes, juice, and soup in a saucepan with a wire whisk over medium heat.
- ☐ Add sugar, spinach, nutmeg, and salt and pepper to taste, without thawing spinach. Allow to heat gently 20 minutes on medium-low until spinach is tender. Keep hot without letting it boil.
- ☐ Add cooked pasta and cook for 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:54.6, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:27.770869418331%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 359.95kcal (18%), Fat: 11.99g (18.45%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 20.46g (7.44%), Sugar: 11.72g (13.02%), Cholesterol: 68.51mg (22.84%), Sodium: 1177.23mg (51.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.39g (78.79%), Vitamin K: 185.7µg (176.86%), Vitamin A: 6396.23IU (127.92%), Selenium: 33.26µg (47.51%), Vitamin C: 26.28mg (31.86%), Manganese: 0.63mg (31.26%), Phosphorus: 288.39mg (28.84%), Potassium: 1001.88mg (28.63%), Vitamin B6: 0.56mg (28%), Zinc: 4.12mg (27.47%), Vitamin B3: 5.25mg (26.25%), Iron: 4.19mg (23.3%), Folate: 92.95µg (23.24%), Magnesium: 91.37mg (22.84%), Vitamin B12: 1.37µg (22.84%), Vitamin E: 3.04mg (20.23%), Vitamin B2: 0.31mg (18.08%), Copper: 0.34mg (16.92%), Fiber: 3.74g (14.95%), Calcium: 117.65mg (11.77%), Vitamin B1: 0.15mg (9.86%), Vitamin B5: 0.4mg (3.97%)