



Tomato Florentine Soup II

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce tomato sauce canned
- 0.5 cup carrots chopped
- 2 stalks celery chopped
- 2 cups chicken stock see
- 0.3 pound soup noodles cooked
- 1 pinch ground nutmeg
- 6 servings salt and pepper to taste
- 0.5 cup pkt spinach chopped

- 1 cup sacramento tomato juice
- 6 ounce tomato paste canned
- 1 tablespoon sugar white
- 0.5 cup zucchini diced

Equipment

- sauce pan
- whisk

Directions

- In a large saucepan over medium heat, combine the stock, tomato sauce, tomato juice, tomato paste and sugar.
- Whisk these ingredients together, then add the celery, carrots, spinach, zucchini and pasta.
- Simmer over medium low heat for 30 minutes, or until all vegetables are to desired tenderness. Season with nutmeg, salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:71.46, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:10.337826137957%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 100.84kcal (5.04%), Fat: 1.51g (2.32%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 16.04g (5.83%), Sugar: 8.4g (9.33%), Cholesterol: 2.4mg (0.8%), Sodium: 549.89mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Vitamin A: 2506.37IU (50.13%), Vitamin K: 21.49µg (20.46%), Vitamin C: 16.43mg (19.91%), Potassium: 490.77mg (14.02%), Manganese: 0.26mg (12.83%), Vitamin B3: 2.55mg (12.74%), Vitamin B6: 0.23mg (11.46%), Selenium: 7.39µg (10.56%), Copper: 0.2mg (10.12%),

Fiber: 2.31g (9.25%), Vitamin B2: 0.15mg (8.96%), Folate: 34.79µg (8.7%), Iron: 1.49mg (8.27%), Vitamin E: 1.23mg (8.22%), Magnesium: 29.29mg (7.32%), Phosphorus: 71.57mg (7.16%), Vitamin B1: 0.1mg (6.54%), Vitamin B5: 0.4mg (4.03%), Calcium: 36.13mg (3.61%), Zinc: 0.52mg (3.48%)