



 **69%**
HEALTH SCORE

Vegetable Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli chopped
- 14.5 ounce canned tomatoes diced canned
- 2 carrots chopped
- 2 celery stalks chopped
- 43.5 ounce chicken broth low-sodium canned
- 1 tablespoon thyme leaves dried fresh
- 0.3 pound green beans cut into 1-inch pieces
- 0.5 teaspoon kosher salt

- 2 tablespoons olive oil
- 1 large onion yellow chopped
- 0.5 pound yukon gold potatoes peeled cut into 1-inch chunks

Equipment

- bowl
- sauce pan
- ladle
- pot

Directions

- Heat the oil in a large saucepan or stockpot over medium-high heat.
- Add the onion, carrots, and celery and cook until softened but not browned, about 5 minutes.
- Add the broth, 1 cup of water, the potatoes, thyme, and salt. Bring to a boil. Reduce heat, cover partially, and simmer for 15 minutes.
- Add the tomatoes, green beans, and broccoli, return to a simmer, and cook until the vegetables are tender, 5 to 10 minutes. Ladle the soup into bowls, sprinkle with the Parmesan (if using), and serve with the baguette slices (if using).
Next Time, Try... Making an improvised minestrone. When you add the potatoes to the pot, also include one 15-ounce can of cannellini beans (drained), 1/2 head of cabbage (shredded), and a handful of macaroni or broken spaghetti.

Nutrition Facts

■ PROTEIN 17.18% ■ FAT 33.47% ■ CARBS 49.35%

Properties

Glycemic Index:87.65, Glycemic Load:12.03, Inflammation Score:-10, Nutrition Score:22.832608948583%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.07mg, Myricetin:

0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 233.57kcal (11.68%), Fat: 9.48g (14.58%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 25.14g (9.14%), Sugar: 9.73g (10.81%), Cholesterol: 0mg (0%), Sodium: 555.63mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Vitamin A: 5742.96IU (114.86%), Vitamin C: 51.15mg (61.99%), Vitamin K: 50.13µg (47.74%), Vitamin B3: 6.81mg (34.04%), Potassium: 1102.62mg (31.5%), Vitamin B6: 0.53mg (26.27%), Manganese: 0.51mg (25.36%), Fiber: 6.31g (25.22%), Copper: 0.48mg (23.79%), Phosphorus: 206.87mg (20.69%), Iron: 3.4mg (18.89%), Vitamin E: 2.8mg (18.67%), Vitamin B2: 0.26mg (15.09%), Folate: 60.07µg (15.02%), Magnesium: 58.82mg (14.71%), Vitamin B1: 0.2mg (13.33%), Calcium: 101.73mg (10.17%), Vitamin B5: 0.78mg (7.85%), Zinc: 1.08mg (7.2%), Vitamin B12: 0.31µg (5.14%), Selenium: 1.73µg (2.48%)