



Vegetable Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup broccoli florets cut into small pieces
- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 2 tablespoons canola oil
- ☐ 2 carrots cut into 1/2-inch dice
- ☐ 1 rib celery thinly sliced
- ☐ 6 servings herbs fresh such as thyme, parsley or basil, optional chopped
- ☐ 1 clove garlic minced
- ☐ 1 large onion chopped

- ☐ 0.8 cup parmesan grated
- ☐ 6 servings salt and pepper
- ☐ 6 cups vegetable broth low-sodium
- ☐ 1 small baby squash yellow cut into 1/2-inch dice
- ☐ 8 oz yukon gold red cut into 1/2-inch dice
- ☐ 1 small zucchini cut into 1/2-inch dice

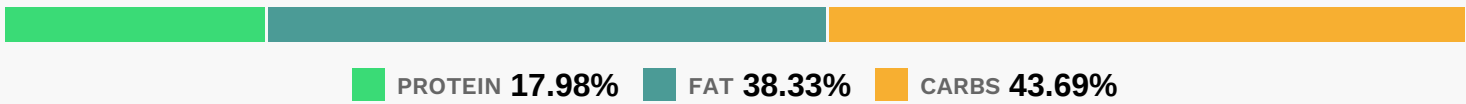
Equipment

- ☐ sauce pan

Directions

- ☐ Warm oil in a large saucepan over medium-high heat.
- ☐ Add carrot, onion and celery and cook, stirring often, until slightly softened, about 3 minutes.
- ☐ Add garlic and saut 1 minute longer. Stir in tomatoes and potatoes.
- ☐ Pour in broth and bring to a boil. Reduce heat to low and simmer, uncovered, until flavors have blended and potatoes are slightly softened, about 10 minutes.
- ☐ Add zucchini, squash and broccoli and continue to cook until potatoes are cooked through and vegetables are tender but not mushy, about 7 minutes. Season with salt and pepper.
- ☐ Sprinkle with Parmesan and herbs, if desired.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:51.97, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:19.471304392037%

Flavonoids

Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin:

0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 186.74kcal (9.34%), Fat: 8.41g (12.94%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 16.58g (6.03%), Sugar: 7.94g (8.83%), Cholesterol: 8.5mg (2.83%), Sodium: 520.94mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Vitamin K: 95.52µg (90.97%), Vitamin A: 4185.05IU (83.7%), Vitamin C: 38.68mg (46.88%), Calcium: 209.97mg (21%), Fiber: 5g (20.01%), Potassium: 678.11mg (19.37%), Manganese: 0.37mg (18.29%), Vitamin B6: 0.35mg (17.63%), Phosphorus: 175.74mg (17.57%), Vitamin E: 2.06mg (13.72%), Folate: 53.67µg (13.42%), Copper: 0.24mg (11.84%), Magnesium: 45.39mg (11.35%), Iron: 1.91mg (10.59%), Vitamin B2: 0.18mg (10.58%), Vitamin B1: 0.15mg (9.78%), Vitamin B3: 1.89mg (9.46%), Zinc: 0.98mg (6.56%), Vitamin B5: 0.63mg (6.32%), Selenium: 4.12µg (5.88%), Vitamin B12: 0.15µg (2.5%)