



WHATSheATE

Vegetable Soup I



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups beef broth
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1.5 cups carrots diced
- ☐ 1 cup celery chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 cup onion chopped
- ☐ 1.3 cups potatoes diced

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0.5 teaspoon salt

Equipment

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sauce pan

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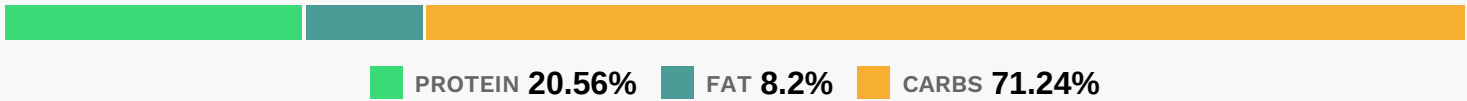
dutch oven

Directions

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In a large saucepan or Dutch oven, combine broth, tomato sauce, tomatoes, carrots, potatoes, celery, onion, and pepper. Bring to a boil. Reduce heat, cover, and simmer for 30 minutes. Stir in salt.

Nutrition Facts



Properties

Glycemic Index:38.07, Glycemic Load:7.19, Inflammation Score:-10, Nutrition Score:12.591304519902%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 82.75kcal (4.14%), Fat: 0.82g (1.26%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 12.45g (4.53%), Sugar: 6.14g (6.82%), Cholesterol: 0mg (0%), Sodium: 1163.76mg (50.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin A: 4407.79IU (88.16%), Vitamin C: 17.46mg (21.16%), Potassium: 668.44mg (19.1%), Vitamin B3: 3.19mg (15.96%), Vitamin B6: 0.3mg (14.93%), Fiber: 3.55g (14.19%), Manganese: 0.28mg (14.18%), Vitamin K: 11.79µg (11.23%), Vitamin E: 1.61mg (10.71%), Copper: 0.21mg (10.51%), Iron: 1.86mg (10.35%), Phosphorus: 87.28mg (8.73%), Magnesium: 34.72mg (8.68%), Vitamin B2: 0.13mg (7.85%), Folate: 31.32µg (7.83%), Vitamin B1: 0.1mg (6.95%), Calcium: 55.15mg (5.51%), Vitamin B5: 0.55mg (5.5%), Selenium: 2.11µg (3.02%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.13µg (2.1%)