



Vegetable Soup in the Style of Naples: Cianfotta

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 baking potatoes cut into cubes
- 2 medium bell peppers
- 0.5 pound chili peppers green hot (4 small)
- 1 medium eggplant
- 1 bunch basil fresh cut into chiffonade
- 1 garlic clove thinly sliced
- 0.8 cup olive oil extra-virgin

- 1 onion thinly sliced
- 4 servings parmigiano-reggiano grated to taste
- 4 servings salt and pepper black freshly ground
- 0.5 pound tomatoes ripe
- 2 cups vegetable stock
- 1 bunch zucchini flowers (5-6)

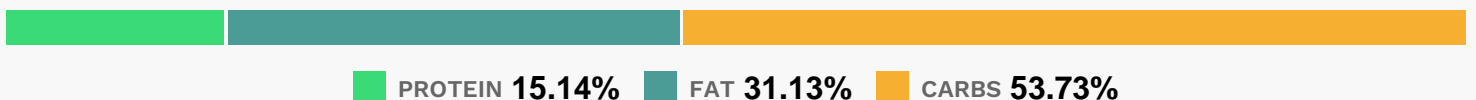
Equipment

- bowl
- sauce pan
- knife
- cutting board

Directions

- Clean and cut all the "verdura" (including the bell peppers, tomatoes, zucchini blossoms, chili peppers) into 1/2-inch dice. Make sure to do the chili peppers last and clean your knife and cutting board thoroughly after chopping them.
- In a 12 to 14-inch saucepan with 3-inch sides, heat the olive oil over a medium-high flame until hot but not smoking.
- Add the garlic and onion and cook until a light golden brown, about 5 minutes.
- Add the potato cubes and cook until light golden brown on all sides, about 5 minutes more.
- Add the rest of the vegetables and let cook until soft, about 15 minutes more.
- Begin adding the stock, bit by bit. Bring the soup to a boil, reduce to a simmer, and season to taste with salt and pepper.
- Serve the soup in 4 warmed soup bowls, garnished with basil.
- Add some Parmigiano-Reggiano, to taste, if desired.

Nutrition Facts



Properties

Glycemic Index:107.69, Glycemic Load:19.06, Inflammation Score:-10, Nutrition Score:41.036957077358%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 530.09kcal (26.5%), Fat: 19.77g (30.42%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 76.79g (25.6%), Net Carbohydrates: 53.23g (19.36%), Sugar: 34.4g (38.22%), Cholesterol: 20.4mg (6.8%), Sodium: 1016.54mg (44.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.28%), Vitamin A: 17972.83IU (359.46%), Vitamin C: 112.99mg (136.96%), Fiber: 23.57g (94.26%), Vitamin K: 88.65µg (84.43%), Vitamin B6: 1.21mg (60.74%), Potassium: 2105.22mg (60.15%), Manganese: 1.12mg (55.99%), Vitamin B2: 0.93mg (54.82%), Calcium: 426.49mg (42.65%), Phosphorus: 423.98mg (42.4%), Vitamin B3: 7.82mg (39.09%), Vitamin E: 4.64mg (30.91%), Magnesium: 121.43mg (30.36%), Iron: 5.45mg (30.27%), Folate: 113.68µg (28.42%), Copper: 0.41mg (20.35%), Vitamin B1: 0.26mg (17.18%), Vitamin B5: 1.6mg (16.04%), Zinc: 2.21mg (14.76%), Selenium: 9.82µg (14.03%), Vitamin B12: 0.36µg (6%)