



Vegetable Soup - Irish Style

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



192 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 carrots chopped
- 1 leek sliced
- 0.5 onion chopped
- 1 parsnips diced peeled
- 3 large potatoes cubed peeled
- 6 servings salt and pepper to taste
- 1 turnip diced peeled

Equipment

sauce pan

blender

Directions

Place the carrots, potatoes, parsnip, turnip, leek and onion into a large saucepan. Fill with enough water to cover. Bring to a boil and cook until the vegetables are tender.

Drain off water and puree vegetables in a blender or using a stick blender.

Return the puree to the saucepan and stir in water to reach your desired thickness.

Heat to a simmer and season with salt and pepper.

Serve and enjoy.

Nutrition Facts

PROTEIN **9.7%** FAT **1.77%** CARBS **88.53%**

Properties

Glycemic Index:52.43, Glycemic Load:27.79, Inflammation Score:-10, Nutrition Score:18.793478219405%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 192.35kcal (9.62%), Fat: 0.39g (0.6%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 37.1g (13.49%), Sugar: 5.86g (6.52%), Cholesterol: 0mg (0%), Sodium: 245.45mg (10.67%), Alcohol: 0g (100%), Protein: 4.83g (9.65%), Vitamin A: 5346.47IU (106.93%), Vitamin C: 49.27mg (59.72%), Vitamin B6: 0.67mg (33.67%), Potassium: 1050.18mg (30.01%), Manganese: 0.58mg (29.07%), Fiber: 6.97g (27.87%), Vitamin K: 20.37µg (19.4%), Folate: 66.91µg (16.73%), Magnesium: 60.9mg (15.22%), Phosphorus: 147.52mg (14.75%), Vitamin B1: 0.21mg (14.15%), Copper: 0.28mg (14.14%), Vitamin B3: 2.58mg (12.88%), Iron: 2.08mg (11.54%), Vitamin B5: 0.86mg (8.57%), Vitamin B2: 0.1mg (6.04%), Calcium: 58.58mg (5.86%), Zinc: 0.85mg (5.66%), Vitamin E: 0.75mg (4.99%), Selenium: 1.39µg (1.98%)