



VEGETABLE SOUP (SOPA DE VERDURAS)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 10 cups chicken broth
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 3.5 cups vegetables mixed frozen (corn, green beans, peas, carrots and lima beans)
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 cups potatoes diced peeled

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4 servings salt and pepper freshly ground to taste

Equipment

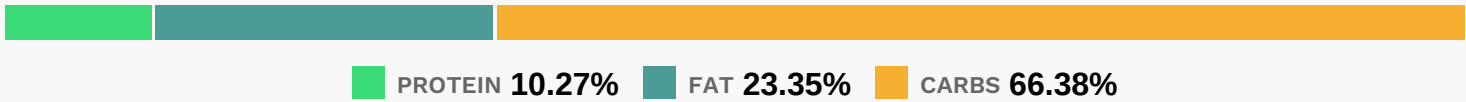
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pot

Directions

- ☐ Heat the olive oil in a large heavy pot over medium heat; add the onions and cook until they begin to soften, about 5 minutes.
- ☐ Add the stock, bay leaf, mixed vegetables, potatoes, cumin, sazón Goya, salt and pepper. Cook about 25 to 30 minutes into the vegetables are tender.
- ☐ Remove from heat, discard bay leaf, season to taste and add chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:59.44, Glycemic Load:24.42, Inflammation Score:-10, Nutrition Score:18.728695656942%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 290.8kcal (14.54%), Fat: 8g (12.3%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 41.74g (15.18%), Sugar: 7.52g (8.36%), Cholesterol: 0mg (0%), Sodium: 2627.35mg (114.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Vitamin A: 9411.6IU (188.23%), Vitamin C: 40.5mg (49.09%), Fiber: 9.41g (37.63%), Manganese: 0.61mg (30.59%), Vitamin B6: 0.51mg (25.65%), Potassium: 845.75mg (24.16%), Vitamin B1: 0.3mg (19.88%), Folate: 71.26µg (17.81%), Magnesium: 67.12mg (16.78%), Phosphorus: 166.54mg (16.65%), Vitamin B3: 3.16mg (15.82%), Iron: 2.57mg (14.27%), Copper: 0.28mg (14.03%), Vitamin B2: 0.18mg (10.7%), Vitamin K: 9.48µg (9.02%), Zinc: 1.1mg (7.34%), Vitamin E: 1.06mg (7.04%), Calcium: 63.84mg (6.38%), Vitamin B5: 0.63mg (6.25%), Selenium: 1.17µg (1.67%)