



Vegetable Soup with Sweet Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



247 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 medium carrots peeled
- ☐ 2 stalks celery
- ☐ 30 basil leaves fresh washed and dried
- ☐ 4 medium garlic cloves
- ☐ 12 green beans
- ☐ 2 small leeks white
- ☐ 6 tablespoons olive oil

- ☐ 1 small onion
- ☐ 1 large potatoes peeled
- ☐ 6 servings salt
- ☐ 3 drops all the tabasco sauce you handle
- ☐ 4 to 6 tomatoes ripe peeled seeded
- ☐ 2 quarts chicken stock see for a vegetarian option canned (or 2 qts water, 4 bouillion cubes, a pinch of thyme, and)
- ☐ 3 tablespoons water
- ☐ 1 medium zucchini

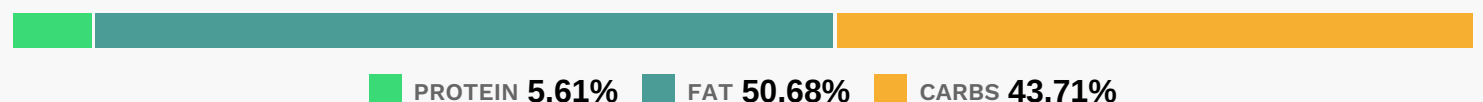
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Cut the leeks, potato, onion, celery, zucchini, green beans, and carrots into 1/4 inch diced cubes.² In a 6-quart stockpot, combine 3 tablespoons of the olive oil with the 3 tablespoons of water.
- ☐ Add the vegetables and cook over medium-low heat until all the water evaporates. Do not brown the vegetables.³
- ☐ Add the stock to the pot and bring to a boil. Reduce to a simmer and cook for 30 minutes.⁴ Meanwhile, make the pistou.
- ☐ Put the tomatoes, basil, garlic, and remaining 3 tablespoons of olive oil into a food processor. Pulse until puréed.⁵ Stir the purée into the cooked soup. Do not let the soup return to a boil. Season, to taste, with salt, pepper, and a few dashes of Tabasco.
- ☐ Serve the soup hot or cold.

Nutrition Facts



Properties

Glycemic Index:82.93, Glycemic Load:13.18, Inflammation Score:-10, Nutrition Score:17.700869508412%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 247.49kcal (12.37%), Fat: 14.55g (22.39%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 23.64g (8.6%), Sugar: 9.32g (10.36%), Cholesterol: 0mg (0%), Sodium: 1512.08mg (65.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin A: 5556.37IU (111.13%), Vitamin K: 51.41µg (48.96%), Vitamin C: 37.93mg (45.98%), Manganese: 0.55mg (27.41%), Vitamin B6: 0.47mg (23.3%), Potassium: 748.93mg (21.4%), Vitamin E: 3.01mg (20.1%), Fiber: 4.59g (18.37%), Folate: 64.96µg (16.24%), Magnesium: 47.35mg (11.84%), Copper: 0.21mg (10.55%), Iron: 1.87mg (10.37%), Phosphorus: 99.91mg (9.99%), Vitamin B1: 0.15mg (9.85%), Vitamin B3: 1.77mg (8.87%), Vitamin B2: 0.11mg (6.66%), Calcium: 65.53mg (6.55%), Vitamin B5: 0.51mg (5.1%), Zinc: 0.61mg (4.09%), Selenium: 1.04µg (1.49%)