



Winter Vegetable Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large carrots thinly sliced
- ☐ 1 rib celery stalks thinly sliced
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 0.5 cup peas frozen
- ☐ 0.5 pound potato boiling cubed peeled ()

- ☐ 0.5 pound sweet potatoes and into cubed peeled ()
- ☐ 1 tablespoon tomato paste
- ☐ 1 bay leaves
- ☐ 1.5 cups water

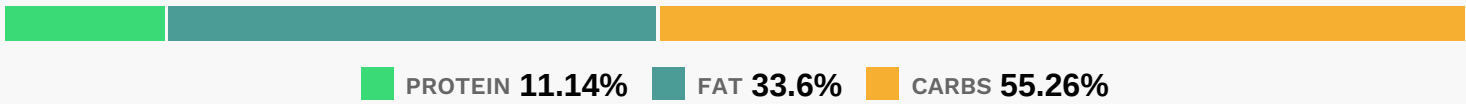
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Cook onion with bay leaf and 1/2 teaspoon salt in oil in a 4- to 5-quart heavy pot over medium-high heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add carrot and celery and cook, stirring, until softened, about 3 minutes.
- ☐ Stir in tomato paste and cook, stirring, 1 minute, then add sweet potato, Yukon Golds, broth, water, and 1/4 teaspoon pepper. Simmer, covered, until vegetables are tender, about 20 minutes. Discard bay leaf. Purée 1 cup soup in a blender (use caution when blending hot liquids) and return to pot. Bring to a simmer, then stir in peas and dill and cook until peas are heated through, about 3 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:67.04, Glycemic Load:7.74, Inflammation Score:-10, Nutrition Score:14.546956461409%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 205.75kcal (10.29%), Fat: 7.98g (12.28%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 24.69g (8.98%), Sugar: 6.79g (7.55%), Cholesterol: 0mg (0%), Sodium: 127.72mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Vitamin A: 11273.25IU (225.47%), Vitamin C: 17.65mg (21.39%), Potassium: 735.4mg (21.01%), Fiber: 4.85g (19.39%), Manganese: 0.38mg (18.93%), Vitamin B3: 3.3mg (16.5%), Vitamin B6: 0.32mg (16.24%), Copper: 0.3mg (15.09%), Vitamin K: 14.39µg (13.7%), Phosphorus: 134.03mg (13.4%), Vitamin B1: 0.17mg (11.03%), Magnesium: 41.45mg (10.36%), Vitamin E: 1.48mg (9.88%), Folate: 37.78µg (9.45%), Iron: 1.57mg (8.71%), Vitamin B2: 0.14mg (8.02%), Vitamin B5: 0.72mg (7.21%), Zinc: 0.83mg (5.51%), Calcium: 49.09mg (4.91%), Vitamin B12: 0.12µg (1.97%), Selenium: 1.32µg (1.88%)