



Zesty Spinach Soup

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounce baby spinach fresh
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon lemon rind grated
- 0.5 cup cup heavy whipping cream sour divided reduced-fat
- 2 teaspoons olive oil
- 1.5 cups onion chopped (1 small)
- 0.5 teaspoon salt
- 2 cups vegetable broth organic

1 cup yukon gold potatoes diced ()

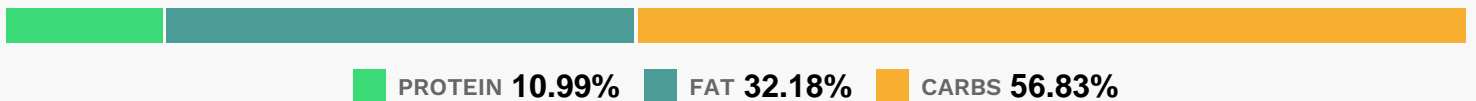
Equipment

- bowl
- sauce pan
- blender

Directions

- Heat oil in a large saucepan over medium heat.
- Add onion; saut 3 minutes.
- Add broth and next 3 ingredients. Cover and bring to a boil over high heat; reduce heat, and simmer 8 minutes or until potato is very tender, stirring occasionally.
- Add spinach; cover and cook 2 minutes or until spinach wilts.
- Place half of soup and 1/4 cup sour cream in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour into a large bowl. Repeat procedure with remaining soup and 1/4 cup sour cream.
- Pour soup evenly into 4 bowls. Top each with a dollop of additional sour cream, if desired, and 1/4 teaspoon lemon rind.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:9.69, Inflammation Score:-10, Nutrition Score:18.21130426552%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg

Nutrients (% of daily need)

Calories: 142.53kcal (7.13%), Fat: 5.33g (8.2%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 17.84g (6.49%), Sugar: 4.27g (4.74%), Cholesterol: 10.06mg (3.35%), Sodium: 824.19mg (35.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin K: 208.31µg (198.39%), Vitamin A: 4335.39IU (86.71%), Vitamin C: 28.94mg (35.08%), Manganese: 0.57mg (28.3%), Folate: 106.61µg (26.65%), Potassium: 637.39mg (18.21%), Vitamin B6: 0.34mg (16.82%), Magnesium: 56.37mg (14.09%), Fiber: 3.34g (13.37%), Calcium: 104.96mg (10.5%), Iron: 1.79mg (9.94%), Phosphorus: 92.62mg (9.26%), Vitamin B2: 0.15mg (8.86%), Vitamin E: 1.26mg (8.39%), Vitamin B1: 0.12mg (8%), Copper: 0.15mg (7.48%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.8µg (2.58%), Vitamin B12: 0.12µg (2.01%)