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Cuban Green Soup ^{♦♦}

Cuban Green Soup is a traditional Cuban dish that is consumed as a main course. It is made with a variety of vegetables and herbs, giving it a vibrant green color and a refreshing taste. The soup is typically served hot and can be enjoyed on its own or with a side of bread or rice.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

200 g	spinach
150 g	Green Bell Pepper
150 g	zucchini
100 g	onion

2 garlic
cloves

1000 ml vegetable broth

2 tbsp olive oil

1 tsp salt

1 tsp black pepper

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add onion and garlic to the pot and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Add green bell pepper and zucchini to the pot and cook for 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add spinach to the pot and cook until wilted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Pour vegetable broth into the pot and bring to a boil.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Stove

Reduce heat to low and simmer for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Stove

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 7 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	5 g	29.41%	29.41%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian

Mediterranean

Greek

Middle Eastern

Nutritional Content

Low Sodium

Course

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Diabetic Friendly

Diet

Mediterranean Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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