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Vegan Almond Soup ♦♦

A delicious and creamy vegan soup made with almonds. This soup is a great option for those following a vegan diet and is packed with flavor and nutrients. It can be enjoyed as a starter or a main course.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	almonds
500 ml	vegetable broth
100 g	onion
2 cloves	garlic
2 tbsp	olive oil

2 tbsp	lemon juice
1 tsp	salt
0.5 tsp	black pepper
10 g	fresh parsley

Directions

Step 1

Soak the almonds in water overnight. Drain and rinse.

Prep Time: 127 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large pot, heat the olive oil over medium heat. Add the chopped onion and garlic and sauté until golden brown.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Boiling

Add the soaked almonds and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Blending

Using an immersion blender, blend the soup until smooth and creamy. If you don't have an immersion blender, you can use a regular blender, but be careful when blending hot liquids.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cooking

Stir in the lemon juice, salt, and black pepper. Cook for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Garnish with fresh parsley and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Picnic

Cuisines

Italian

Indian

Japanese

Greek

Spanish

Vietnamese

American

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

Low Carb

Low Sodium

High Vitamin C

High Calcium

Kitchen Tools

Blender

Course

Salads

Soups

Meal Type

Supper

Dinner

Snack

Difficulty Level

Medium

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