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Crockpot Cabbage Soup

Crockpot Cabbage Soup is a hearty and nutritious soup made with cabbage, vegetables, and spices. It is a comforting dish that is perfect for cold winter days. The soup is cooked slowly in a crockpot, allowing the flavors to meld together and create a delicious and satisfying meal. It can be enjoyed as a main course or as a side dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	cabbage
200 g	Carrots
150 g	onion
100 g	celery

4 cloves	garlic
6 c	vegetable broth
2 tbsp	tomato paste
2 pieces	Bay Leaves
1 tsp	Dried Thyme
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cut

Chop the cabbage, carrots, onion, celery, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Crockpot

In a crockpot, combine the chopped vegetables, vegetable broth, tomato paste, bay leaves, dried thyme, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 127 mins

Step 3

Crockpot

Cook on low heat for 4 hours or until the vegetables are tender.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Remove the bay leaves and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 70 kcal

Fat: 0 g

Protein: 3 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
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	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter

Spring

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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