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## Vegan Wedding Soup ♦

Vegan Wedding Soup is a delicious and hearty soup that is perfect for special occasions. It is made with a flavorful vegetable broth, vegan meatballs, and fresh greens. This soup is a vegan twist on the classic Italian wedding soup, and it is sure to impress your guests.

**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

6 c	Vegetable Broth
16 oz	vegan meatballs
2 c	kale
2 c	spinach
1 c	Carrots

<b>1 cup</b>	onion
<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 teaspoon</b>	salt
<b>1 teaspoon</b>	black pepper

## Directions

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### Step 1

Stove

Heat olive oil in a large pot over medium heat. Add onion and garlic, and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Add carrots to the pot and cook for another 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add vegetable broth to the pot and bring to a boil. Reduce heat and simmer for 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 4

Stove

Add vegan meatballs to the pot and cook for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 5

Stove

Add kale and spinach to the pot and cook until wilted.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 6

Season with salt and black pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	100 mg	111.11%	133.33%
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	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	30 mg	375%	166.67%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Events

Christmas

Thanksgiving

Wedding

New Year

Back to School

### Cuisines

Italian

Chinese

Mexican

Mediterranean

Middle Eastern

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Meal Type

Brunch

Supper

### Difficulty Level

Medium

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