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Celery, Onion and Spinach Soup

A delicious vegan soup made with celery, onion, and spinach. This soup is packed with nutrients and is perfect for a light and healthy meal.

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	celery
100 g	onion
200 g	spinach
1000 ml	vegetable broth
2 tbsp	olive oil
1 tsp	salt

1 tsp 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 the onion and celery to the pot and cook until softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add the spinach to the pot and cook until wilted, about 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Stove

Pour in the vegetable broth and bring to a boil. Reduce heat and simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 5

Blender

Using an immersion blender, puree the soup until smooth. Season with salt and pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
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	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Course

Salads

Soups

Sauces & Dressings

Demographics

Diabetic Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Scarsdale Diet

The Air Diet

The Werewolf Diet

The Master Cleanse Diet

The Subway Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

Meal Type

Brunch

Supper

Difficulty Level

Medium

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