

Recipe Analyzer Results

A single serving of this recipe has 106 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 9

Amount per serving

Calories 106

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 613mg	27%
Total Carbohydrate 17.1g	6%
Dietary Fiber 7.7g	27%
Total Sugars 7.6g	
Protein 5.1g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 2mg	10%

Ingredients:

- 1 1/2 l (6 cups) no salt added vegetable broth
- 1 l (4 cups) chopped cabbage
- 750 ml (3 cups) carrots, diced
- 1 can (19 oz/540 mL) no salt added white kidney beans, drained and rinsed
- 1 can (28 oz/796 mL) no salt added diced tomatoes or diced tomatoes in puree (Pezzettoni)
- 2 ml (1/2 tsp) garlic powder

Potassium 315mg

7%

Nutrition Facts

Servings: 9

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**