

# Detox Green Machine Soup

Yield: 14 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/detox-soup-recipe-south-africa>

## Ingredients:

- 1 pound green beans
- 8 celery sticks
- 4 pounds zucchini
- 2 bunches spinach
- 1 yellow onion
- 5 cloves garlic
- 1 bunch basil
- 1 bunch parsley

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fiber: 4 grams
4. Protein: 4 grams
5. Sodium: 85 milligrams
6. Sugar: 6 grams

---

Thank you for visiting our website. Hope you enjoy Detox Green Machine Soup above. You can see more 16 detox soup recipe south africa Unleash your inner chef! to get more great cooking ideas.