

Detox Cabbage Soup Diet

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/cabbage-soup-diet-recipe-indian-style>

Ingredients:

- 1/2 head cabbage
- 6 celery stalks
- 1 onion large
- 1 green bell pepper
- 5 garlic cloves
- 1/2 teaspoon red pepper flakes optional
- 1 teaspoon oregano
- 14 ounces diced tomatoes
- 8 cups chicken stock
- salt
- pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. Sodium: 620 milligrams
8. Sugar: 10 grams

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