

Green Soup with Ginger

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/green-chard-indian-recipe>

Ingredients:

- 1 yellow onion large, 250g
- 2 tablespoons olive oil
- 1 1/2 teaspoons sea salt plus more to taste
- 1 sweet potatoes large, 12 ounces; 350 g
- 1 leeks large, white and light green parts, 5 ounces; 140 g
- 1 bunch spinach 8 ounces; 225 g
- 1 bunch green chard 12 ounces; 350 g
- 3 tablespoons fresh ginger chopped, plus more to taste
- 2 cups vegetable broth good-tasting
- 4 teaspoons fresh lemon juice
- black ground pepper freshly

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1240 milligrams
8. Sugar: 4 grams

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