

Artichoke Soup



Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 42 ounce artichoke hearts drained cut into fourths canned
- ☐ 1 bay leaf
- ☐ 0.3 cup butter
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 cups chicken broth
- ☐ 0.3 teaspoon sage dried
- ☐ 0.3 cup flour all-purpose

- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 dash paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup whipping cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Melt butter in large saucepan over medium heat. Stir in carrots, celery, onion, and mushrooms. Cook and stir until soft, about 5 minutes.
- ☐ Add flour; cook for 10 minutes, stirring occasionally. Stir in chicken broth, artichoke hearts, bay leaf, salt, pepper, thyme leaves, oregano leaves, sage, and paprika. Reduce heat and simmer for 30 minutes.
- ☐ Beat whipping cream in a bowl on medium-high speed until frothy; fold into soup and continue to cook until soup is heated through (do not boil).
- ☐ Remove and discard the bay leaf, then pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

Nutrition Facts



 **PROTEIN 6.17%**  **FAT 71.06%**  **CARBS 22.77%**

Properties

Glycemic Index:44.98, Glycemic Load:2.71, Inflammation Score:-8, Nutrition Score:5.2782607856004%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 214.22kcal (10.71%), Fat: 16.73g (25.73%), Saturated Fat: 10.52g (65.74%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 9.03g (3.28%), Sugar: 3.29g (3.66%), Cholesterol: 50.04mg (16.68%), Sodium: 977.9mg (42.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin A: 1992.63IU (39.85%), Fiber: 3.03g (12.11%), Vitamin B2: 0.15mg (8.73%), Manganese: 0.11mg (5.47%), Vitamin K: 5.06µg (4.82%), Selenium: 3.17µg (4.53%), Vitamin B1: 0.07mg (4.38%), Folate: 15.5µg (3.87%), Phosphorus: 38.31mg (3.83%), Vitamin E: 0.55mg (3.69%), Vitamin B3: 0.72mg (3.58%), Potassium: 123.66mg (3.53%), Calcium: 34mg (3.4%), Vitamin D: 0.49µg (3.25%), Vitamin B5: 0.25mg (2.48%), Copper: 0.05mg (2.46%), Vitamin B6: 0.05mg (2.4%), Iron: 0.4mg (2.21%), Vitamin C: 1.82mg (2.21%), Magnesium: 7.4mg (1.85%), Zinc: 0.23mg (1.52%), Vitamin B12: 0.07µg (1.23%)