

Artichoke Soup



Vegetarian



Gluten Free



Popular

READY IN



105 min.

SERVINGS



8

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 the hearts from artichokes (see How to trim an artichoke)
- ☐ 5 Tbsp butter divided
- ☐ 1 medium size leek green rinsed sliced (see How to Clean Leeks)
- ☐ 6 garlic cloves chopped
- ☐ 0.5 cup shallots yellow chopped (or onion, if shallots aren't available)
- ☐ 8 oz yukon gold potatoes diced peeled
- ☐ 12 cups vegetable stock gluten-free (if cooking , use stock) (for vegetarian option)
- ☐ 0.5 bay leaf

- ☐ 2 sprigs thyme leaves
- ☐ 4 sprigs parsley
- ☐ 0.3 teaspoon cracked peppercorns black
- ☐ 0.3 cup heavy whipping cream
- ☐ 8 servings salt to taste

Equipment

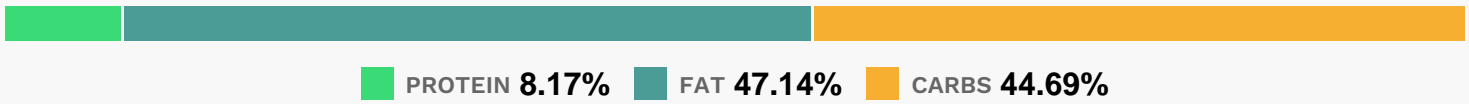
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ spatula
- ☐ cheesecloth

Directions

- ☐ Prepare the artichoke hearts. Peel off the leaves from around the artichokes until you get to the thistly choke in the center.
- ☐ (Note, we save most of the leaves to steam separately and eat dipped in melted butter or mayonnaise. Why waste perfectly good artichoke leaves?)
- ☐ With a small knife, remove the thistle choke part and discard.
- ☐ Cut or peel away the tough outside skin of the stems and discard. You can keep one to two inches of the stem on the artichoke heart. Longer stems you can discard.
- ☐ Slice the hearts or chop to a quarter inch thickness.
- ☐ Cook the artichoke hearts, leek, garlic, shallots in butter: Melt the butter in a large, thick-bottomed pot on medium heat.
- ☐ Add the artichoke hearts, sliced leek, garlic, and shallots. Cook until tender, but not brown.
- ☐ Add potatoes, stock, herbs, then simmer:
- ☐ Add the peeled diced potatoes and the stock. Wrap the herbs (bay leaf, thyme, parsley) and peppercorns in cheesecloth and place in the pot. Increase the heat to bring the soup to a simmer, then lower the heat to maintain a simmer. Cook uncovered, for 1 hour.

- ☐
- Purée the soup, push through sieve: After an hour, remove and discard the herbs. Purée the soup and use a rubber spatula to push it through a fine mesh sieve. At this point you canmake ahead and refrigerate until ready to serve.
- ☐
- When you are ready to serve, heat the soup and stir in the remaining butter and the cream. Season with salt to taste and serve.

Nutrition Facts



Properties

Glycemic Index:51.09, Glycemic Load:7.86, Inflammation Score:-8, Nutrition Score:10.636956546618%

Flavonoids

Naringenin: 10mg, Naringenin: 10mg, Naringenin: 10mg, Naringenin: 10mg Apigenin: 7.07mg, Apigenin: 7.07mg, Apigenin: 7.07mg, Apigenin: 7.07mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 180.91kcal (9.05%), Fat: 10.1g (15.53%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 16.08g (5.85%), Sugar: 5.12g (5.69%), Cholesterol: 27.49mg (9.16%), Sodium: 1743.1mg (75.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 1333.9IU (26.68%), Vitamin K: 26.97µg (25.69%), Vitamin C: 18.83mg (22.83%), Fiber: 5.45g (21.8%), Manganese: 0.38mg (18.8%), Folate: 69.49µg (17.37%), Magnesium: 60.79mg (15.2%), Potassium: 474.39mg (13.55%), Vitamin B6: 0.25mg (12.35%), Copper: 0.24mg (12.22%), Phosphorus: 105.62mg (10.56%), Iron: 1.64mg (9.11%), Vitamin B1: 0.1mg (6.58%), Vitamin B3: 1.23mg (6.14%), Calcium: 61.06mg (6.11%), Vitamin B2: 0.09mg (5.25%), Vitamin B5: 0.43mg (4.29%), Zinc: 0.57mg (3.79%), Vitamin E: 0.54mg (3.6%), Selenium: 1.05µg (1.49%)