

Artichoke Soup for One

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



216 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

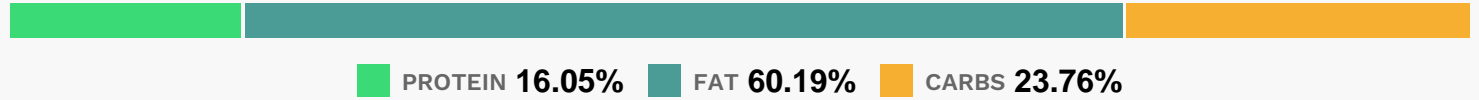
- 3 artichoke hearts fresh frozen canned cooked cut into bite-sized pieces
- 1.3 cups chicken stock see
- 2 tablespoons cup heavy whipping cream
- 1 teaspoon juice of lemon
- 1 serving pepper black freshly ground
- 1 spring onion thinly sliced (spring onion)

Equipment

Directions

- Bring the stock, scallion, and lemon juice to a boil over high heat.2
- Add the remaining ingredients and return to the boil, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:7.766956453738%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 215.88kcal (10.79%), Fat: 14.47g (22.26%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.45g (4.53%), Sugar: 6.05g (6.72%), Cholesterol: 42.9mg (14.3%), Sodium: 450.17mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.37%), Vitamin K: 26.56µg (25.3%), Vitamin B3: 4.83mg (24.14%), Vitamin B2: 0.32mg (18.94%), Vitamin A: 570.49IU (11.41%), Potassium: 383.1mg (10.95%), Selenium: 7.58µg (10.83%), Phosphorus: 103.4mg (10.34%), Vitamin B6: 0.2mg (10.17%), Copper: 0.18mg (8.87%), Vitamin B1: 0.12mg (7.93%), Folate: 24.9µg (6.22%), Vitamin C: 4.97mg (6.03%), Iron: 0.85mg (4.73%), Magnesium: 16.97mg (4.24%), Calcium: 38.18mg (3.82%), Zinc: 0.54mg (3.62%), Vitamin D: 0.48µg (3.2%), Vitamin E: 0.44mg (2.94%), Manganese: 0.03mg (1.64%), Fiber: 0.4g (1.59%)