



Artichoke Soup with Fresh Mint

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 celery stalks chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 12 ounce artichoke hearts frozen thawed
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings lemon wedges
- ☐ 2 cups chicken broth low-sodium as needed
- ☐ 2 tablespoons olive oil

- ☐ 1 medium onion chopped
- ☐ 1 ounce pkt spinach fresh packed

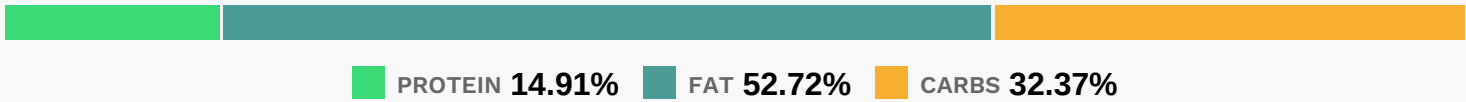
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a large saucepan over medium heat.
- ☐ Add the celery, onion, 1/4 teaspoon of the salt and the pepper. Cook the vegetables until just tender, about 4 minutes.
- ☐ Add 2 cups broth and the artichoke hearts and bring to a boil. Cover, reduce the heat to medium-low and simmer until the artichoke hearts are tender, about 12 minutes.
- ☐ Puree the soup, 1 cup at a time, in a blender until very smooth, adding the spinach and chopped mint with the last cup. Return the puree to the same saucepan.
- ☐ Mix in the remaining 1/4 teaspoon salt. Warm over low heat, thinning with the additional broth by 1/4 cupfuls if the soup is too thick. Ladle the soup into bowls. Squeeze a lemon wedge over each bowl of soup before serving.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:9.9134782734125%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.26mg,

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 127.47kcal (6.37%), Fat: 8.15g (12.54%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 7.13g (2.59%), Sugar: 1.4g (1.56%), Cholesterol: 0mg (0%), Sodium: 374.93mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.37%), Vitamin K: 39.35µg (37.47%), Folate: 128.41µg (32.1%), Vitamin A: 859.09IU (17.18%), Manganese: 0.34mg (16.97%), Fiber: 4.13g (16.53%), Vitamin B3: 2.46mg (12.31%), Potassium: 407.58mg (11.65%), Vitamin C: 9.52mg (11.54%), Vitamin B2: 0.18mg (10.6%), Phosphorus: 97.93mg (9.79%), Magnesium: 34.01mg (8.5%), Vitamin E: 1.17mg (7.77%), Copper: 0.13mg (6.66%), Vitamin B6: 0.13mg (6.63%), Iron: 1.05mg (5.83%), Vitamin B1: 0.07mg (4.63%), Calcium: 39.12mg (3.91%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.12µg (1.97%)