

Arugula Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce baby arugula
- ☐ 2 tablespoons chives sliced
- ☐ 1 teaspoon cornstarch
- ☐ 2 garlic clove chopped
- ☐ 0.3 cup herbs like: thym mixed chopped (such as mint, chives, parsley, and tarragon)
- ☐ 0.5 cup nestle® carnation® evaporated lowfat milk low-fat
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion chopped
- ☐ 4 tablespoons greek yogurt plain

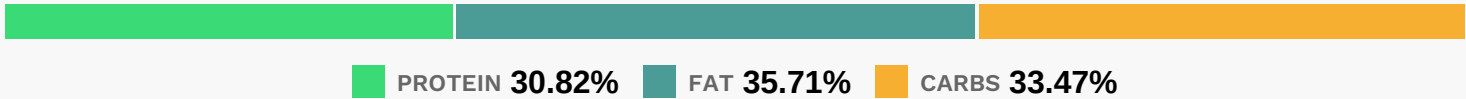
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ immersion blender

Directions

- ☐ Heat olive oil in a large saucepan over medium–low heat.
- ☐ Add onion and garlic; cook until translucent (5 minutes). Stir in cornstarch; whisk in chicken broth and evaporated milk; bring to a simmer. Stir in arugula and mixed chopped herbs until wilted; cover and set aside 5 minutes. Use an immersion blender to blend until smooth. Divide among 6 bowls; garnish each with 2 tsp plain Greek yogurt and 1 tsp sliced chives.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:9.9569565213245%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 16.71mg, Kaempferol: 16.71mg, Kaempferol: 16.71mg, Kaempferol: 16.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 104.63kcal (5.23%), Fat: 4.49g (6.91%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 8.34g (3.03%), Sugar: 4.54g (5.05%), Cholesterol: 4.13mg (1.38%), Sodium: 113.17mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Vitamin K: 59.28µg (56.45%), Vitamin A: 1219.85IU (24.4%), Vitamin B3: 3.44mg (17.21%), Folate: 51.78µg (12.94%), Potassium: 428.13mg (12.23%), Phosphorus: 117mg (11.7%), Vitamin C: 9.52mg (11.54%), Calcium: 110.65mg (11.06%), Manganese: 0.21mg (10.42%),

Vitamin B2: 0.15mg (8.68%), Copper: 0.17mg (8.68%), Iron: 1.31mg (7.28%), Magnesium: 28.82mg (7.21%), Vitamin B12: 0.31µg (5.1%), Vitamin B6: 0.1mg (5.09%), Fiber: 1.13g (4.53%), Zinc: 0.57mg (3.78%), Vitamin E: 0.55mg (3.7%), Vitamin B5: 0.27mg (2.73%), Vitamin B1: 0.03mg (2.3%), Selenium: 1.39µg (1.98%)