



BLT Soup II

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 slices bacon diced
- 1 pinch cayenne pepper
- 1 tablespoon chicken soup base
- 0.6 cup flour all-purpose
- 1 pinch ground nutmeg
- 1 cup half-and-half cream hot
- 3.5 cups iceberg lettuce julienned
- 2 tablespoons butter
- 0.8 cup tomatoes chopped

3.5 cups water hot

Equipment

sauce pan

whisk

Directions

In a heavy 3-quart saucepan cook bacon over medium heat until lightly browned, about 10 minutes. Do not drain fat.

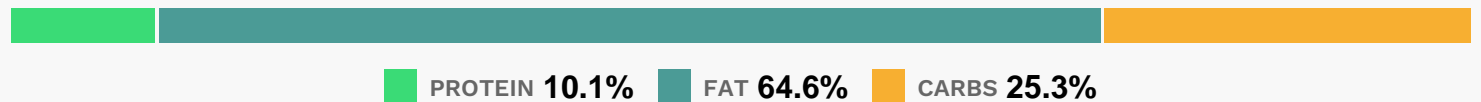
Stir in the margarine and heat until melted.

Add lettuce and saute for 2 minutes over medium heat.

Whisk in the flour and heat stirring constantly until evenly cooked, about 3 minutes.

Remove from heat and stir in the hot water, chicken soup base and tomato. Season with nutmeg and cayenne. Reheat the soup to boiling, stirring frequently. Reduce to a simmer and cook for about 6 minutes, stirring occasionally until thickened. Stir in the half and half and serve hot.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:6.6795651705369%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 222.62kcal (11.13%), Fat: 16.07g (24.73%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.04g (4.74%), Sugar: 3.21g (3.57%), Cholesterol: 26.33mg (8.77%), Sodium: 401.26mg (17.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Selenium: 9.67µg (13.81%), Vitamin A:

689.6IU (13.79%), Vitamin B1: 0.19mg (12.73%), Vitamin K: 12.17µg (11.59%), Vitamin B2: 0.18mg (10.41%), Folate: 40.47µg (10.12%), Phosphorus: 94.51mg (9.45%), Vitamin B3: 1.74mg (8.69%), Manganese: 0.17mg (8.57%), Calcium: 62.88mg (6.29%), Potassium: 212.29mg (6.07%), Vitamin B6: 0.11mg (5.46%), Iron: 0.94mg (5.21%), Vitamin C: 4.13mg (5%), Fiber: 1.12g (4.47%), Magnesium: 16.4mg (4.1%), Zinc: 0.58mg (3.85%), Copper: 0.08mg (3.77%), Vitamin E: 0.52mg (3.45%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.18µg (2.92%)