



Blue Satin Soup

READY IN



25 min.

SERVINGS



5

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce cheese blue crumbled
- 2 tablespoons butter
- 0.3 cup celery minced
- 14.5 ounce chicken broth canned
- 0.3 cup flour all-purpose
- 0.3 cup green onions minced
- 1 cup half-and-half
- 1 cup milk

Equipment

sauce pan

Directions

Melt butter in a large saucepan over medium heat; add green onions and celery, and saute until tender. Reduce heat to low; stir in flour. Cook, stirring constantly, 1 minute. Gradually stir in broth. Cook over medium heat, stirring constantly, 2 minutes.

Add half-and-half, milk, and cheese; cook, stirring constantly, until thickened.

Stir in sherry, if desired.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:4.56, Inflammation Score:-6, Nutrition Score:12.291739054348%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 390.16kcal (19.51%), Fat: 24.88g (38.28%), Saturated Fat: 11.35g (70.94%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.59g (3.85%), Sugar: 4.66g (5.18%), Cholesterol: 80.91mg (26.97%), Sodium: 762.93mg (33.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.18%), Selenium: 23.06µg (32.94%), Phosphorus: 319.92mg (31.99%), Calcium: 251.31mg (25.13%), Vitamin B12: 1.46µg (24.33%), Vitamin B2: 0.37mg (21.76%), Zinc: 3.12mg (20.78%), Vitamin A: 841.79IU (16.84%), Vitamin K: 15.06µg (14.34%), Vitamin B3: 2.72mg (13.61%), Vitamin B6: 0.26mg (12.89%), Potassium: 356.9mg (10.2%), Magnesium: 34.63mg (8.66%), Iron: 1.54mg (8.54%), Vitamin B5: 0.76mg (7.62%), Folate: 27.77µg (6.94%), Vitamin B1: 0.1mg (6.79%), Vitamin D: 0.73µg (4.88%), Vitamin E: 0.68mg (4.56%), Copper: 0.07mg (3.5%), Manganese: 0.06mg (3.02%), Vitamin C: 1.54mg (1.87%), Fiber: 0.38g (1.52%)