



Brie Soup

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces brie cheese
- ☐ 0.3 cup butter
- ☐ 2 ounces carrots julienned
- ☐ 0.3 cup celery chopped
- ☐ 6 cups chicken stock see
- ☐ 8 tablespoons flour all-purpose
- ☐ 2 ounces mushrooms fresh sliced
- ☐ 0.3 cup heavy whipping cream

- ☐ 8 servings salt and pepper to taste
- ☐ 0.4 cup white wine

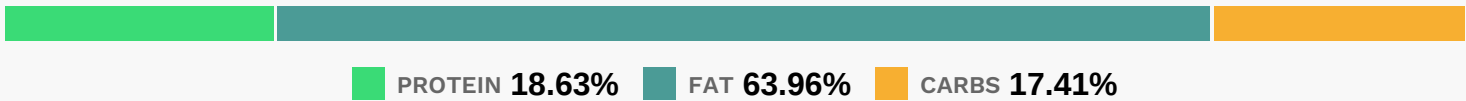
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Melt butter in sauce pan over low heat.
- ☐ Add flour and mix well, cooking until it just starts to turn golden.
- ☐ Add stock and whip vigorously, bring to boil and reduce to simmer. Skim the butter and flour and other impurities that rise to the top and continue to simmer until the veloute is reduced to 2/3 its original quantity and the sauce is the consistency of heavy cream.
- ☐ Strain through fine sieve.
- ☐ Return veloute to sauce pan over low heat and add brie cheese, cook slowly, stirring occasionally, until the cheese has melted.
- ☐ Add wine and vegetables and simmer lightly until the vegetables are al dente.
- ☐ Heat heavy cream over low heat and add to soup. Season soup to taste with salt and pepper.
- ☐ Garnish with fresh chives or scallion.

Nutrition Facts



Properties

Glycemic Index:34.73, Glycemic Load:4.53, Inflammation Score:-8, Nutrition Score:10.17000003483%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 324.41kcal (16.22%), Fat: 22.5g (34.61%), Saturated Fat: 13.35g (83.45%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.26g (4.82%), Sugar: 3.9g (4.34%), Cholesterol: 71.58mg (23.86%), Sodium: 774.77mg (33.69%), Alcohol: 1.16g (100%), Alcohol %: 0.54% (100%), Protein: 14.74g (29.48%), Vitamin A: 1741.94IU (34.84%), Vitamin B2: 0.46mg (27.27%), Selenium: 13.65µg (19.5%), Vitamin B3: 3.8mg (19.02%), Phosphorus: 154.02mg (15.4%), Folate: 54.68µg (13.67%), Vitamin B12: 0.73µg (12.14%), Vitamin B6: 0.24mg (12.05%), Vitamin B1: 0.17mg (11.01%), Calcium: 96.33mg (9.63%), Potassium: 331.88mg (9.48%), Zinc: 1.41mg (9.42%), Copper: 0.14mg (7.22%), Iron: 1.04mg (5.79%), Magnesium: 20.98mg (5.25%), Vitamin B5: 0.49mg (4.91%), Manganese: 0.1mg (4.8%), Vitamin K: 4µg (3.81%), Vitamin E: 0.45mg (3%), Vitamin D: 0.35µg (2.31%), Fiber: 0.52g (2.09%), Vitamin C: 1.07mg (1.3%)