



Caramelized Onion-and-Roasted Garlic Bisque

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 large garlic head whole
- ☐ 2.5 cups leek sliced (2 medium)
- ☐ 2 cups milk 2% low-fat
- ☐ 31.5 ounce low-salt chicken broth canned
- ☐ 1.5 tablespoons olive oil divided

- ☐ 1 teaspoon salt divided
- ☐ 6 tablespoons cup heavy whipping cream fat-free sour
- ☐ 9 cups vidalia sweet thinly sliced (4 large)

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Rub 1 1/2 teaspoons oil over garlic head; wrap in foil.
- ☐ Bake at 350 for 1 hour; let cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Set garlic pulp aside.
- ☐ Heat remaining 1 tablespoon oil in a large Dutch oven over medium heat.
- ☐ Add onion and leek; cook 30 minutes, stirring often.
- ☐ Add 1/2 teaspoon salt and thyme. Cook an additional 30 minutes or until onion is golden, stirring occasionally. Stir in flour.
- ☐ Add wine and broth; bring to a boil. Reduce heat; simmer 30 minutes.
- ☐ Add garlic pulp, remaining 1/2 teaspoon salt, and milk to onion mixture; simmer 8 minutes or until thoroughly heated.
- ☐ Place half of onion mixture in a blender, and process until smooth.
- ☐ Pour pured mixture into a large bowl; repeat procedure with remaining onion mixture.
- ☐ Garnish with sour cream and caraway seeds, if desired.

Nutrition Facts



 PROTEIN **16.06%**  FAT **22.52%**  CARBS **61.42%**

Properties

Glycemic Index:25.33, Glycemic Load:2.95, Inflammation Score:-9, Nutrition Score:13.7526086517%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 34.9mg, Quercetin: 34.9mg, Quercetin: 34.9mg, Quercetin: 34.9mg

Nutrients (% of daily need)

Calories: 218.12kcal (10.91%), Fat: 5.48g (8.44%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 30.69g (11.16%), Sugar: 17.78g (19.75%), Cholesterol: 5.01mg (1.67%), Sodium: 507.41mg (22.06%), Alcohol: 1.37g (100%), Alcohol %: 0.32% (100%), Protein: 8.8g (17.6%), Vitamin B6: 0.48mg (23.89%), Vitamin K: 23.26µg (22.15%), Phosphorus: 221.06mg (22.11%), Folate: 87.01µg (21.75%), Manganese: 0.42mg (20.91%), Vitamin C: 16.21mg (19.65%), Calcium: 195.86mg (19.59%), Potassium: 636.53mg (18.19%), Vitamin A: 811.74IU (16.23%), Vitamin B2: 0.25mg (14.56%), Vitamin B3: 2.78mg (13.89%), Copper: 0.26mg (13.24%), Vitamin B1: 0.19mg (12.83%), Fiber: 2.97g (11.87%), Iron: 2.1mg (11.69%), Magnesium: 46.5mg (11.62%), Vitamin B12: 0.66µg (11.08%), Selenium: 4.8µg (6.86%), Zinc: 0.95mg (6.36%), Vitamin E: 0.92mg (6.16%), Vitamin B5: 0.59mg (5.91%), Vitamin D: 0.87µg (5.77%)