



WHATSheATE



Cook the Book: Peanut Soup



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons flour
- ☐ 2 rib celery stalks finely chopped
- ☐ 0.3 teaspoon celery salt
- ☐ 2.3 cups creamy peanut butter
- ☐ 0.5 cup peanuts for serving
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 2 quarts chicken broth low-sodium homemade
- ☐ 1 small onion finely chopped

- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted (1 stick)

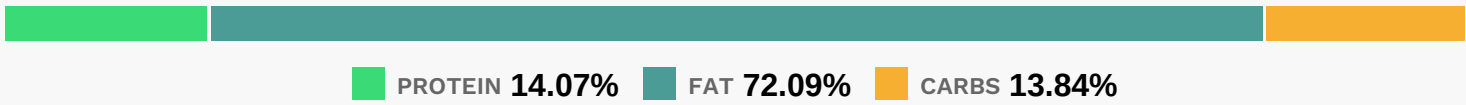
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat the butter in a saucepan over medium heat.
- ☐ Add the celery and onion. Cook until the onion is translucent, 3 to 5 minutes.
- ☐ Add the flour and stir to combine. Stir in chicken stock and bring to a boil. Reduce the heat to low and simmer for flavors to combine, 30 minutes.
- ☐ Remove from heat and strain into a second saucepan.
- ☐ Whisk in peanut butter, lemon juice, salt, and celery salt until smooth and well combined. Taste and adjust for seasoning with salt.
- ☐ Sprinkle ground peanuts on top before serving.

Nutrition Facts



Properties

Glycemic Index:20.28, Glycemic Load:3.59, Inflammation Score:-7, Nutrition Score:19.926087130671%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 638.97kcal (31.95%), Fat: 54.57g (83.96%), Saturated Fat: 15.75g (98.41%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 18.99g (6.9%), Sugar: 8.36g (9.29%), Cholesterol: 30.5mg (10.17%), Sodium: 749.82mg

(32.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.92%), Vitamin B3: 14.53mg (72.65%), Manganese: 1.34mg (66.86%), Vitamin E: 6.95mg (46.31%), Phosphorus: 361.56mg (36.16%), Magnesium: 144.08mg (36.02%), Copper: 0.52mg (25.9%), Folate: 92µg (23%), Potassium: 702.45mg (20.07%), Vitamin B6: 0.39mg (19.54%), Fiber: 4.58g (18.34%), Zinc: 2.32mg (15.48%), Vitamin B2: 0.24mg (14.32%), Vitamin B1: 0.19mg (12.6%), Iron: 2.27mg (12.59%), Vitamin B5: 0.97mg (9.72%), Vitamin A: 355.96IU (7.12%), Selenium: 4.77µg (6.82%), Calcium: 60.97mg (6.1%), Vitamin B12: 0.26µg (4.35%), Vitamin C: 1.38mg (1.67%), Vitamin D: 0.21µg (1.42%), Vitamin K: 1.33µg (1.26%)