



Cream Of Artichoke Soup

READY IN



45 min.

SERVINGS



5

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce artichoke hearts undrained canned
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery chopped
- ☐ 1 quart chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 quart milk
- ☐ 0.5 cup onion chopped
- ☐ 1 Dash bell pepper red
- ☐ 0.5 teaspoon salt

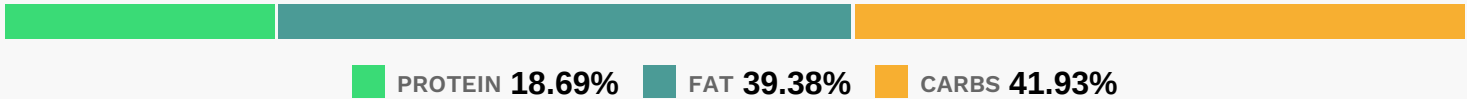
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Saut chopped onion and celery in butter in a large skillet until vegetables are tender.
- ☐ Place vegetables and artichoke hearts in container of an electric blender; process until smooth.
- ☐ Place flour in a large Dutch oven. Gradually add chicken broth, stirring until smooth. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir in artichoke mixture; cook over medium heat until bubbly.
- ☐ Add milk, salt, and pepper; heat thoroughly. (Do not boil.)
- ☐ Serve warm or chilled in individual soup bowls.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:6.22, Inflammation Score:-5, Nutrition Score:9.2186955369037%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 205.94kcal (10.3%), Fat: 8.79g (13.52%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 18.05g (6.56%), Sugar: 11.97g (13.31%), Cholesterol: 26.5mg (8.83%), Sodium: 1628.07mg (70.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Calcium: 249.77mg (24.98%), Vitamin B2: 0.41mg (23.9%), Phosphorus: 211.35mg (21.14%), Vitamin B12: 1.06µg (17.71%), Vitamin D: 2.08µg (13.88%),

Vitamin B1: 0.19mg (12.73%), Fiber: 3g (12.02%), Potassium: 374.06mg (10.69%), Vitamin A: 462.49IU (9.25%), Selenium: 6µg (8.57%), Vitamin B5: 0.79mg (7.9%), Manganese: 0.16mg (7.86%), Vitamin B6: 0.14mg (7.25%), Magnesium: 28.42mg (7.11%), Zinc: 0.98mg (6.54%), Vitamin B3: 0.93mg (4.66%), Folate: 15.03µg (3.76%), Vitamin K: 3.61µg (3.44%), Copper: 0.05mg (2.34%), Iron: 0.4mg (2.21%), Vitamin C: 1.76mg (2.13%), Vitamin E: 0.29mg (1.96%)