



Cream of Artichoke Soup I

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 artichokes whole
- 2 bay leaves
- 1 small carrots diced
- 1 small stalk celery diced
- 2 cups chicken stock see
- 0.5 teaspoon marjoram dried
- 0.5 cup vermouth dry
- 2 cloves garlic minced

- 4 servings ground pepper black to taste
- 1 cup heavy whipping cream
- 1 onion chopped
- 1 potatoes diced
- 4 tablespoons romano cheese grated
- 4 servings salt to taste
- 2 cups water

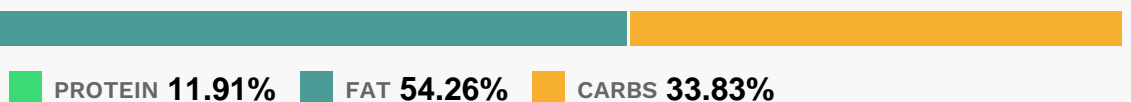
Equipment

- pot
- blender

Directions

- Steam the artichokes in 2 cups water until tender (about 45 minutes) and reserve the liquid afterwards. Allow the artichokes to cool.
- Scrape the flesh from the bottom third of each leaf and place in medium soup pot along with the artichoke liquid.
- Remove fuzzy choke from each artichoke bottom and discard.
- Coarsely dice the artichoke bottoms and place in the soup pot. Next add chicken stock, vermouth, potato, carrot, onion, celery, garlic, bay leaves, and marjoram. Simmer until the vegetables are very tender and the liquid is reduced by 1/3, about 45 minutes.
- Next puree the soup in a blender and return to the pot.
- Add the cream and the cheese and heat through but don't boil.
- Add salt and pepper to taste.
- Serve with croutons on top.

Nutrition Facts



Properties

Glycemic Index:77.65, Glycemic Load:10.09, Inflammation Score:-10, Nutrition Score:20.351739240729%

Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg Luteolin: 3.01mg, Luteolin: 3.01mg, Luteolin: 3.01mg, Luteolin: 3.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 409.41kcal (20.47%), Fat: 24.59g (37.83%), Saturated Fat: 15.01g (93.79%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 25.44g (9.25%), Sugar: 7.18g (7.98%), Cholesterol: 76.04mg (25.34%), Sodium: 584.31mg (25.4%), Alcohol: 2.85g (100%), Alcohol %: 0.64% (100%), Protein: 12.15g (24.29%), Vitamin A: 3029.37IU (60.59%), Fiber: 9.04g (36.18%), Vitamin C: 29.47mg (35.72%), Folate: 113.61µg (28.4%), Potassium: 983.65mg (28.1%), Magnesium: 106.62mg (26.65%), Phosphorus: 266.38mg (26.64%), Manganese: 0.51mg (25.58%), Vitamin K: 25.48µg (24.27%), Vitamin B6: 0.48mg (23.86%), Copper: 0.47mg (23.46%), Vitamin B2: 0.35mg (20.77%), Vitamin B3: 4.02mg (20.1%), Calcium: 178.42mg (17.84%), Vitamin B1: 0.22mg (14.36%), Iron: 2.58mg (14.31%), Zinc: 1.34mg (8.91%), Vitamin B5: 0.85mg (8.52%), Selenium: 5.95µg (8.5%), Vitamin D: 0.98µg (6.51%), Vitamin E: 0.95mg (6.3%), Vitamin B12: 0.15µg (2.52%)