



 8%
HEALTH SCORE

Cream of Artichoke Soup II

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 artichokes whole
- 1 tablespoon butter
- 6 cups chicken broth
- 2 leek finely chopped
- 2 cups milk
- 6 servings salt and pepper to taste

Equipment

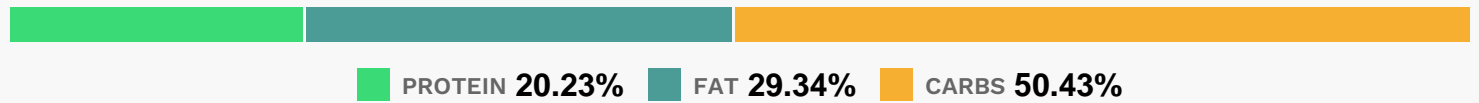
- frying pan

- pot
- colander

Directions

- In a steamer or in a colander over boiling water, steam artichokes 45 minutes, until tender.
- While artichokes are steaming, heat butter in a large pot over medium heat.
- Saute leeks in butter until translucent.
- Remove from heat.
- Scrape the flesh from each artichoke leaf and place in the pan with the leeks. Scrape the prickly choke away from the heart of the artichokes, chop the hearts and add to the leek mixture. Return to medium heat and stir to combine.
- Pour in broth and heat through. Slowly stir in milk, but do not boil. Season with salt and pepper.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:4.37, Inflammation Score:-7, Nutrition Score:14.396521796351%

Flavonoids

Naringenin: 13.33mg, Naringenin: 13.33mg, Naringenin: 13.33mg, Naringenin: 13.33mg Apigenin: 7.98mg, Apigenin: 7.98mg, Apigenin: 7.98mg, Apigenin: 7.98mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.86kcal (7.39%), Fat: 5.24g (8.06%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 13.96g (5.08%), Sugar: 7.14g (7.93%), Cholesterol: 19.48mg (6.49%), Sodium: 1217.75mg (52.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Vitamin K: 30.14µg (28.7%), Manganese: 0.53mg (26.38%), Fiber: 6.29g (25.18%), Folate: 91.59µg (22.9%), Magnesium: 84.47mg (21.12%), Phosphorus: 198.49mg (19.85%), Vitamin B2: 0.33mg (19.47%), Vitamin C: 16.04mg (19.44%), Potassium: 612.97mg (17.51%), Calcium: 174.56mg (17.46%), Copper: 0.32mg (15.91%), Vitamin A: 703.18IU (14.06%), Vitamin B1: 0.19mg (12.64%), Vitamin B6:

0.24mg (12.13%), Iron: 2.15mg (11.97%), Vitamin B3: 1.84mg (9.18%), Vitamin B12: 0.49µg (8.17%), Vitamin B5: 0.73mg (7.29%), Zinc: 1.06mg (7.06%), Vitamin D: 0.89µg (5.96%), Vitamin E: 0.66mg (4.43%), Selenium: 3.02µg (4.31%)