

Cream of Chicken Soup From Scratch

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



156 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups chicken stock see divided
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 pinch ground allspice
- ☐ 1 pinch ground paprika
- ☐ 0.1 teaspoon lemon pepper seasoning

- ☐ 1 cup milk
- ☐ 1 teaspoon onion finely chopped
- ☐ 0.3 teaspoon salt

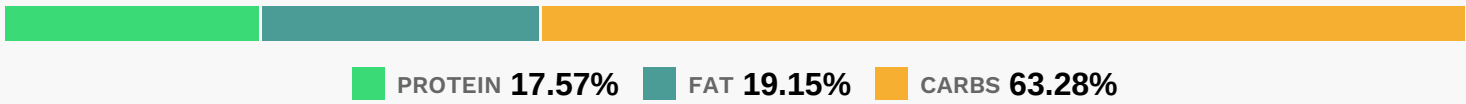
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place 1 tablespoon of chicken stock in a saucepan over medium-low heat, and cook and stir the onion and garlic in the broth until they are softened, about 3 minutes.
- ☐ Pour in the rest of the broth and 1/2 cup of milk, and whisk in the salt, black pepper, parsley, lemon pepper seasoning, allspice, and paprika. Bring the mixture to a boil, reduce heat, and allow to simmer for 1 to 2 minutes.
- ☐ Whisk together the remaining milk and the flour until smooth, and whisk the milk mixture into the hot stock mixture. Keep whisking continuously to avoid lumps until the soup comes almost to a boil and thickens.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:14.13, Inflammation Score:-3, Nutrition Score:6.8386956790219%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 156.3kcal (7.82%), Fat: 3.28g (5.05%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 23.65g (8.6%), Sugar: 4.45g (4.95%), Cholesterol: 10.02mg (3.34%), Sodium: 297.94mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin B1: 0.25mg (16.78%), Vitamin B2:

0.28mg (16.36%), Selenium: 11.21µg (16.01%), Vitamin B3: 2.88mg (14.41%), Folate: 47.58µg (11.89%), Phosphorus: 112.95mg (11.29%), Manganese: 0.2mg (10.08%), Calcium: 84.04mg (8.4%), Iron: 1.32mg (7.33%), Potassium: 218.46mg (6.24%), Vitamin B6: 0.11mg (5.68%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Copper: 0.09mg (4.42%), Magnesium: 16.75mg (4.19%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.34mg (3.39%), Fiber: 0.72g (2.9%), Vitamin A: 115.73IU (2.31%)