



Cream of Cilantro Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 sprigs garnishes: cilantro cream light fresh sour
- ☐ 8 ounce cream cheese fat-free
- ☐ 32 ounce chicken broth fat-free divided reduced-sodium
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 bunch cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream light sour

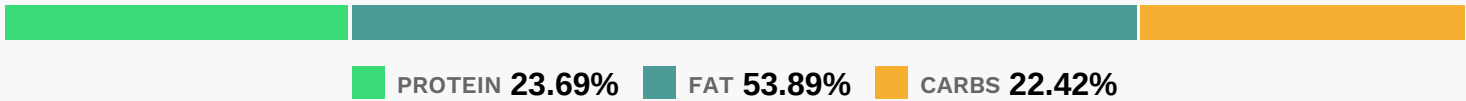
Equipment

- ☐ food processor
- ☐ whisk
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Remove stems from cilantro, and coarsely chop leaves.
- ☐ Process cilantro and 1 cup chicken broth in a blender or food processor until blended, stopping to scrape down sides.
- ☐ Melt butter in a Dutch oven over medium heat; whisk in flour. Gradually add remaining 3 cups broth, whisking constantly until mixture is smooth. Boil 1 minute. Stir in cilantro mixture, cream cheese, and next 5 ingredients; simmer soup 15 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:1.44, Inflammation Score:-3, Nutrition Score:6.3504347567973%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 141.9kcal (7.1%), Fat: 8.55g (13.16%), Saturated Fat: 5.18g (32.4%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.42g (2.69%), Cholesterol: 27.99mg (9.33%), Sodium: 1042.98mg (45.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Phosphorus: 247.14mg (24.71%), Calcium:

196.38mg (19.64%), Vitamin B12: 0.83µg (13.81%), Vitamin B2: 0.2mg (11.49%), Selenium: 7.34µg (10.49%), Vitamin A: 388.84IU (7.78%), Potassium: 246.67mg (7.05%), Folate: 24.56µg (6.14%), Vitamin B3: 1.14mg (5.68%), Zinc: 0.83mg (5.51%), Vitamin B5: 0.53mg (5.26%), Vitamin K: 4.82µg (4.59%), Vitamin B1: 0.06mg (4.23%), Magnesium: 15.17mg (3.79%), Vitamin B6: 0.06mg (2.98%), Manganese: 0.06mg (2.94%), Iron: 0.52mg (2.9%), Copper: 0.06mg (2.88%), Vitamin E: 0.29mg (1.96%), Vitamin C: 0.93mg (1.12%)