



## Cream Of Garlic Soup

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



335 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2.5 cups chicken broth
- 0.8 cup garlic cloves peeled
- 1 cup heavy whipping cream
- 2.5 cups milk
- 3 tablespoons olive oil
- 0.5 cup potatoes cubed peeled
- 6 servings salt and pepper to taste
- 1 cup white wine

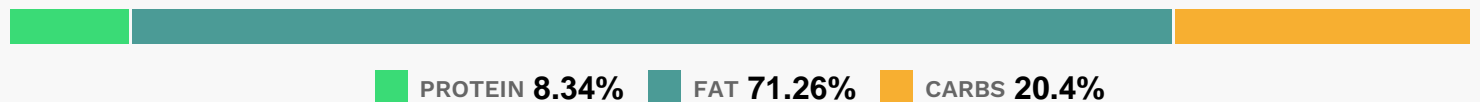
## Equipment

- food processor
- bowl
- sauce pan
- ladle
- blender

## Directions

- Chop garlic in a food processor to a coarse paste, stopping occasionally to scrape the sides of the bowl.
- Heat oil in a large saucepan over low heat.
- Add the garlic paste and cook just until the paste begins to color, stirring constantly. Stir in the chicken broth and wine. Bring mixture to a boil.
- Reduce heat and simmer for 30 minutes. Stir in the milk, cream and potato and simmer for another 30 minutes.
- Puree soup in blender, return to saucepan and simmer.
- Add salt and pepper to taste. Ladle into bowls and serve with buttered French bread.

## Nutrition Facts



## Properties

Glycemic Index:27.79, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:9.6056521198024%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg

0.28mg, Myricetin: 0.28mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## **Nutrients (% of daily need)**

Calories: 335.23kcal (16.76%), Fat: 24.88g (38.28%), Saturated Fat: 12.01g (75.08%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 15.29g (5.56%), Sugar: 7.16g (7.96%), Cholesterol: 58.98mg (19.66%), Sodium: 612.48mg (26.63%), Alcohol: 4.12g (100%), Alcohol %: 1.63% (100%), Protein: 6.55g (13.1%), Manganese: 0.41mg (20.39%), Calcium: 191.81mg (19.18%), Vitamin B6: 0.36mg (17.92%), Vitamin B2: 0.3mg (17.82%), Phosphorus: 172.79mg (17.28%), Vitamin A: 751.64IU (15.03%), Vitamin D: 1.75µg (11.69%), Vitamin C: 8.99mg (10.9%), Potassium: 378.16mg (10.8%), Vitamin B12: 0.63µg (10.53%), Vitamin E: 1.48mg (9.86%), Vitamin B1: 0.14mg (9.03%), Selenium: 6.02µg (8.6%), Magnesium: 28.24mg (7.06%), Vitamin B5: 0.66mg (6.6%), Vitamin K: 6.57µg (6.26%), Zinc: 0.88mg (5.85%), Copper: 0.09mg (4.58%), Iron: 0.68mg (3.79%), Vitamin B3: 0.69mg (3.47%), Fiber: 0.74g (2.97%), Folate: 5.3µg (1.32%)