



Cream of Garlic Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 lb butter
- ☐ 1 cup celery diced ()
- ☐ 3 cups fat-skinned chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 1 head garlic separated minced peeled
- ☐ 1 pint half-and-half
- ☐ 8 oz thin-skinned potato diced red peeled
- ☐ 4 servings salt

- ☐ 1 cup onion white minced
- ☐ 0.1 teaspoon pepper white

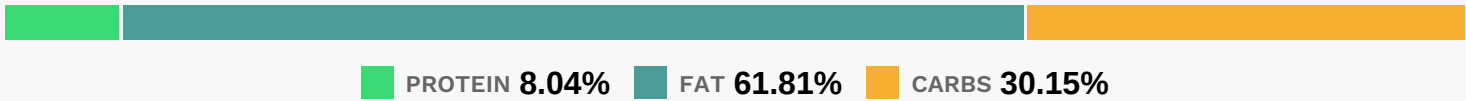
Equipment

- ☐ frying pan

Directions

- ☐ In a 4- to 6-quart pan over medium-low heat, melt butter.
- ☐ Add onion, celery, and garlic and stir frequently until vegetables are very soft but not brown, about 15 minutes. Stir in flour and cook 2 minutes, stirring constantly.
- ☐ Add diced potato and chicken broth and stir over medium-high heat until boiling; reduce heat and simmer until potato pieces are very tender when pierced, about 20 minutes.
- ☐ Add the half-and-half and stir until hot.
- ☐ Add white pepper and salt to taste.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:16.056521623031%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 367.04kcal (18.35%), Fat: 25.75g (39.61%), Saturated Fat: 15.69g (98.09%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 25g (9.09%), Sugar: 11.39g (12.65%), Cholesterol: 75.4mg (25.13%), Sodium: 1054.04mg (45.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Vitamin A: 11787.51IU (235.75%), Manganese: 0.65mg (32.42%), Vitamin B2: 0.46mg (27.22%), Vitamin C: 15.93mg (19.31%), Calcium: 180.91mg (18.09%), Phosphorus: 179.92mg (17.99%), Potassium: 595.64mg (17.02%), Vitamin B6: 0.29mg (14.64%), Vitamin B1: 0.22mg (14.62%), Fiber: 3.27g (13.07%), Vitamin K: 11.77µg (11.21%), Selenium: 7.72µg (11.02%), Vitamin B5:

1.02mg (10.21%), Vitamin B3: 1.96mg (9.78%), Folate: 38.43µg (9.61%), Magnesium: 38.39mg (9.6%), Copper: 0.17mg (8.28%), Vitamin E: 1.2mg (8%), Zinc: 0.94mg (6.28%), Iron: 1.11mg (6.19%), Vitamin B12: 0.28µg (4.74%)