



Cream of Leek Soup

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter cubed
- 2 quarts chicken broth
- 3 tablespoons chives minced
- 6 tablespoons flour all-purpose
- 2 garlic clove minced
- 0.3 teaspoon nutmeg
- 1 cup half and half
- 12 medium leek white (serving only)

- 2 cups milk
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

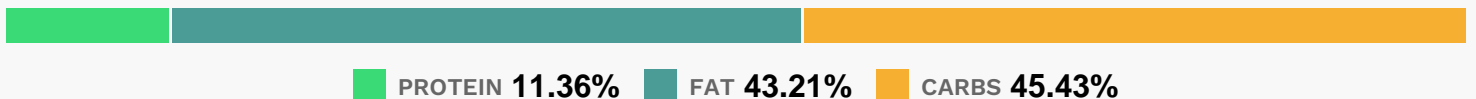
Equipment

- frying pan
- blender
- dutch oven

Directions

- Cut leeks into 1/4-in. slices. In a soup kettle or Dutch oven, saute leeks and garlic in butter until tender. Stir in the flour, nutmeg, salt and pepper. Cook and stir until bubbly. Gradually add broth; bring to a boil. Reduce heat; simmer, uncovered, for 25–30 minutes.
- Remove from the heat; cool slightly. Process in batches in a blender until smooth; return to pan.
- Add milk and cream; heat through.
- Garnish with chives.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:6.39, Inflammation Score:-8, Nutrition Score:11.805652183035%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 163.37kcal (8.17%), Fat: 8.11g (12.48%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 17.45g (6.34%), Sugar: 6.98g (7.76%), Cholesterol: 25.26mg (8.42%), Sodium: 709.77mg (30.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin K: 44.2µg (42.09%), Vitamin A: 1775.09IU

(35.5%), Manganese: 0.54mg (27.16%), Folate: 65.41µg (16.35%), Vitamin B2: 0.24mg (13.92%), Vitamin C: 11.45mg (13.88%), Calcium: 133.91mg (13.39%), Vitamin B6: 0.25mg (12.57%), Iron: 2.19mg (12.16%), Phosphorus: 104.2mg (10.42%), Vitamin B1: 0.15mg (9.78%), Magnesium: 34.87mg (8.72%), Potassium: 286.02mg (8.17%), Vitamin E: 1.07mg (7.11%), Copper: 0.14mg (7.07%), Fiber: 1.75g (6.99%), Selenium: 4.34µg (6.2%), Vitamin B3: 1mg (4.99%), Vitamin B12: 0.3µg (4.96%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.5mg (3.36%), Vitamin D: 0.45µg (2.98%)