



Cream of Reuben Soup

READY IN



45 min.

SERVINGS



12

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 1 large carrots grated
- 6 cups chicken broth
- 0.8 pound corned beef ribs cooked chopped
- 3 tablespoons cornstarch
- 0.3 teaspoon tarragon dried
- 0.5 teaspoon thyme leaves dried
- 1 garlic clove minced
- 0.3 teaspoon ground pepper white

- 0.5 cup onion chopped
- 12 servings rye bread cubes toasted
- 10 ounce sauerkraut drained chopped canned
- 8 ounces swiss cheese shredded
- 0.3 cup water
- 1 cup whipping cream

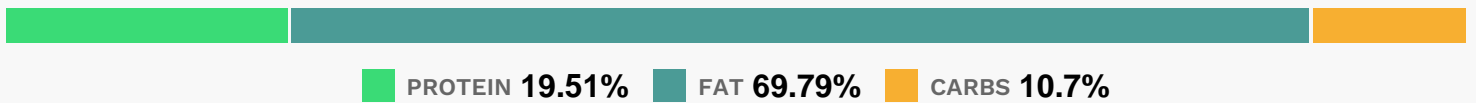
Equipment

- dutch oven

Directions

- Combine first 10 ingredients in a Dutch oven; bring to a boil over medium heat. Reduce heat, and simmer 30 minutes.
- Remove and discard bay leaf.
- Combine cornstarch and water, stirring until smooth; stir mixture into soup. Bring to a boil; boil, stirring constantly, 1 minute.
- Remove from heat.
- Add shredded cheese and whipping cream, stirring until cheese melts. Top each serving with toasted rye bread cubes.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:9.2365216690561%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 225.63kcal (11.28%), Fat: 17.6g (27.08%), Saturated Fat: 9.38g (58.63%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.01g (1.82%), Sugar: 2.13g (2.37%), Cholesterol: 57.65mg (19.22%), Sodium: 987.16mg (42.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin A: 1461.4IU (29.23%), Calcium: 201.96mg (20.2%), Vitamin B12: 1.13µg (18.84%), Selenium: 12.71µg (18.15%), Phosphorus: 168.84mg (16.88%), Vitamin C: 12.23mg (14.82%), Vitamin B2: 0.22mg (13.09%), Zinc: 1.85mg (12.36%), Vitamin B6: 0.16mg (7.75%), Vitamin B3: 1.48mg (7.42%), Manganese: 0.14mg (7%), Iron: 1.11mg (6.16%), Potassium: 210.85mg (6.02%), Vitamin K: 5.56µg (5.29%), Copper: 0.09mg (4.66%), Magnesium: 18.11mg (4.53%), Fiber: 1.06g (4.25%), Vitamin B1: 0.06mg (3.99%), Vitamin B5: 0.36mg (3.6%), Folate: 13.09µg (3.27%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.32µg (2.12%)