



Cream of Spinach Soup



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



290 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup onion chopped
- ☐ 2 tablespoons butter
- ☐ 2 cups pkt spinach fresh frozen packed thawed chopped (or 1 10-oz package spinach,)
- ☐ 1 pound potatoes peeled quartered
- ☐ 1.5 cups chicken broth for vegetarian option (or vegetable broth)
- ☐ 1.5 cups water
- ☐ 2 chicken bouillon cubes for vegetarian option (or vegetable bouillon cubes)
- ☐ 2 cups half-and-half

- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 6 servings optional: chives and/or ground allspice chopped for garnish

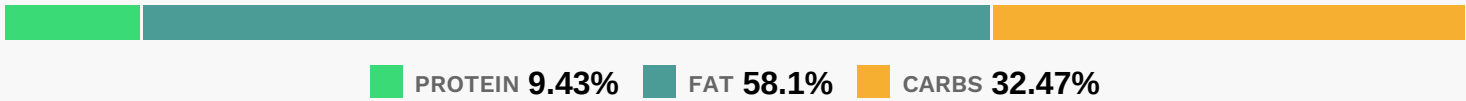
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Cook the chopped onion: In a large saucepan over medium heat, sauté onion in butter for 4 minutes or until translucent.
- ☐ Add potatoes, chicken broth, water, and bouillon cubes. Bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until the potatoes are tender.
- ☐ Add spinach and cook for 2 to 4 minutes longer until spinach is tender.
- ☐ Purée the soup, whisk in half-and-half: Working in batches, purée soup mixture in a blender. Return to saucepan.
- ☐ Whisk in half-and-half, salt and pepper.
- ☐ Whisk in sour cream: Over low heat, bring to just before simmering.
- ☐ Whisk in the sour cream. You may want to use an immersion blender to get the sour cream fully incorporated.
- ☐ This soup can be served hot or chilled.
- ☐ Garnish with chopped chives, sprinkles of allspice, or a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:10.64, Inflammation Score:-10, Nutrition Score:21.133912998697%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 290.22kcal (14.51%), Fat: 19.45g (29.93%), Saturated Fat: 11.05g (69.07%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 20.58g (7.48%), Sugar: 6.97g (7.74%), Cholesterol: 55.23mg (18.41%), Sodium: 791.4mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Vitamin K: 196.86µg (187.48%), Vitamin A: 6811.62IU (136.23%), Manganese: 0.56mg (27.77%), Vitamin C: 21.1mg (25.58%), Folate: 97.21µg (24.3%), Vitamin B2: 0.35mg (20.88%), Calcium: 207.45mg (20.74%), Vitamin B6: 0.4mg (19.95%), Potassium: 691.7mg (19.76%), Magnesium: 72.11mg (18.03%), Phosphorus: 177.1mg (17.71%), Fiber: 3.88g (15.51%), Vitamin E: 1.94mg (12.94%), Selenium: 7.2µg (10.29%), Vitamin B1: 0.15mg (10.19%), Iron: 1.77mg (9.81%), Copper: 0.2mg (9.75%), Zinc: 0.99mg (6.58%), Vitamin B5: 0.64mg (6.41%), Vitamin B3: 1.24mg (6.19%), Vitamin B12: 0.22µg (3.69%)