



Creamy Artichoke Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce artichoke hearts coarsely chopped canned
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 cup lowfat yogurt divided
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onions frozen thawed chopped
- ☐ 2 tablespoons pesto sauce prepared
- ☐ 4 servings salt and pepper freshly ground
- ☐ 32 ounce vegetable broth low-sodium

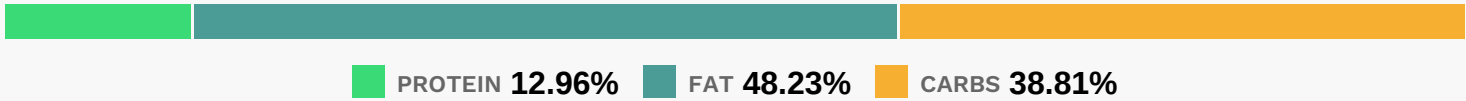
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a large stockpot, heat the oil over medium heat.
- ☐ Add the onions and saute until soft and translucent, about 3 minutes.
- ☐ Add the artichoke hearts, season with salt and pepper and saute another 5 minutes.
- ☐ Add the broth, bring to a simmer and cook about 20 minutes, stirring occasionally. Puree until smooth with a hand blender or in a blender in small batches.
- ☐ Whisk in 3/4 cup yogurt and season with salt and pepper.
- ☐ In a small bowl, stir together the pesto sauce and lemon juice. Ladle the soup into bowls, top each with about 1 tablespoon yogurt and drizzle with the thinned pesto sauce.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:5.0647826039273%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 206.71kcal (10.34%), Fat: 10.78g (16.58%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 14.69g (5.34%), Sugar: 8.87g (9.86%), Cholesterol: 4.28mg (1.42%), Sodium: 1041.31mg (45.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.03%), Fiber: 4.83g (19.3%), Calcium: 133.89mg (13.39%), Phosphorus: 100.25mg (10.02%), Vitamin B2: 0.14mg (8.4%), Vitamin E: 1.04mg (6.95%), Vitamin C: 5.63mg (6.82%), Potassium: 207.63mg (5.93%), Vitamin B12: 0.34µg (5.72%), Vitamin K: 4.5µg (4.28%), Vitamin B5: 0.42mg (4.19%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.08mg (4.03%), Folate: 15.46µg (3.87%), Magnesium: 14.76mg (3.69%), Vitamin A: 183.57IU (3.67%), Selenium: 2.23µg (3.18%), Vitamin B1: 0.05mg (3.11%), Manganese: 0.06mg (2.76%), Iron: 0.22mg (1.23%), Copper: 0.02mg (1.23%)