



 **18%**
HEALTH SCORE

Creamy Artichoke Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups chicken stock see
- 2 tablespoons chives chopped for garnish
- 8 ounce artichoke hearts frozen thawed
- 1 clove garlic minced
- 2 leek white washed chopped well
- 2 tablespoons mascarpone cheese
- 2 tablespoons olive oil extra virgin extra-virgin

- 1 small potatoes peeled chopped
- 0.5 teaspoon salt

Equipment

- food processor
- bowl
- ladle
- pot
- blender
- immersion blender

Directions

- Watch how to make this recipe.
- Heat olive oil in a heavy, large pot over medium heat.
- Add the leeks and the garlic and stir.
- Add the potatoes and cook for 5 minutes, stirring often.
- Add the artichokes, stock, salt, and pepper and cook until the vegetables are tender, about 20 minutes.
- Using a handheld immersion blender, or in a blender in batches*, puree the soup.
- Add the 2 tablespoons mascarpone and blend again to combine. In a small bowl, stir the remaining 1/3 cup mascarpone to soften.
- Ladle the soup into serving bowls. Dollop the top of each of the soups with a spoonful of the softened mascarpone cheese and top the cheese with chives.
- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts

PROTEIN 11.68% FAT 48.22% CARBS 40.1%

Properties

Glycemic Index:55.69, Glycemic Load:7.3, Inflammation Score:-7, Nutrition Score:12.045217358548%

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: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 222.13kcal (11.11%), Fat: 12.25g (18.85%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 18.89g (6.87%), Sugar: 4g (4.44%), Cholesterol: 11.1mg (3.7%), Sodium: 504.85mg (21.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Folate: 114.34µg (28.58%), Vitamin K: 29.59µg (28.18%), Manganese: 0.45mg (22.58%), Vitamin C: 18.06mg (21.89%), Vitamin A: 1004.63IU (20.09%), Vitamin B6: 0.36mg (18.02%), Fiber: 4.03g (16.13%), Potassium: 534.88mg (15.28%), Vitamin B3: 3.03mg (15.13%), Vitamin B2: 0.21mg (12.42%), Magnesium: 43.38mg (10.85%), Phosphorus: 107.3mg (10.73%), Iron: 1.89mg (10.51%), Copper: 0.2mg (10.06%), Vitamin E: 1.46mg (9.75%), Vitamin B1: 0.14mg (9.23%), Calcium: 59.77mg (5.98%), Selenium: 3.45µg (4.93%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.31mg (3.06%)