



## Creamy Dandelion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SOUP

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon canola oil
- 1 pound dandelion greens trimmed
- 1.5 cups fat-free milk fat-free
- 0.3 cup flour all-purpose
- 0.5 cup half n half
- 0.5 teaspoon kosher salt
- 8 lemon wedges
- 2 cups lower sodium beef broth fat-free

- 0.5 cup onion finely chopped ()
- 1 tablespoon butter unsalted

## Equipment

- food processor
- sauce pan
- whisk
- dutch oven

## Directions

- Separate 1 dandelion leaf from the bunch; thinly slice, and set aside. Fill a large Dutch oven half full with water; bring to a boil.
- Add remaining greens to boiling water; cover and cook for 2 minutes.
- Drain.
- Place greens in a food processor; process 30 seconds or until smooth.
- Place oil and butter in a 3-quart saucepan. Cook over medium heat until butter melts.
- Add onion; saut 3 minutes or until tender.
- Sprinkle flour over onion mixture, stirring to coat.
- Add broth and next 4 ingredients (through pepper), stirring with a whisk. Stir in pureed greens. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes, stirring occasionally.
- Garnish servings evenly with reserved sliced greens. Top with sour cream, if desired.
- Serve with lemon wedges.

## Nutrition Facts



**PROTEIN 16.97%** **FAT 39.13%** **CARBS 43.9%**

## Properties

Glycemic Index:32.13, Glycemic Load:4.56, Inflammation Score:0, Nutrition Score:21.096956564033%

## Flavonoids

Eriodictyol: 5.13mg, Eriodictyol: 5.13mg, Eriodictyol: 5.13mg, Eriodictyol: 5.13mg Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## **Nutrients (% of daily need)**

Calories: 155.08kcal (7.75%), Fat: 7.26g (11.17%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 14.62g (5.32%), Sugar: 5.64g (6.27%), Cholesterol: 13.91mg (4.64%), Sodium: 436.71mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.17%), Vitamin K: 590.45µg (562.34%), Vitamin A: 7942.24IU (158.84%), Vitamin C: 40.35mg (48.91%), Calcium: 254.93mg (25.49%), Vitamin E: 3.16mg (21.04%), Vitamin B2: 0.35mg (20.65%), Potassium: 648.9mg (18.54%), Manganese: 0.33mg (16.59%), Vitamin B1: 0.24mg (16.05%), Iron: 2.78mg (15.43%), Phosphorus: 148.61mg (14.86%), Fiber: 3.71g (14.83%), Vitamin B6: 0.27mg (13.66%), Magnesium: 41.18mg (10.29%), Folate: 37.03µg (9.26%), Copper: 0.16mg (7.78%), Vitamin B12: 0.4µg (6.63%), Selenium: 4.2µg (6.01%), Vitamin B3: 1.05mg (5.26%), Zinc: 0.74mg (4.94%), Vitamin D: 0.71µg (4.72%), Vitamin B5: 0.43mg (4.29%)