



Creamy Escargot Soup

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



248 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.8 cup celery thinly sliced
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 5 green onions chopped
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 quart milk
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 7 ounce escargots cut in half, save the liquid canned
- ☐ 7 ounce escargots cut in half, save the liquid canned

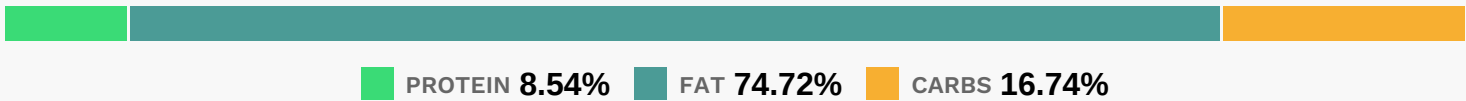
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt the butter in a large saucepan over medium-high heat.
- ☐ Whisk in the flour, and cook for 3 minutes, whisking constantly.
- ☐ Whisk in the green onion, and cook for 1 minute more.
- ☐ Pour in the chicken broth, celery, parsley, and pepper; bring to a simmer, and cook 5 minutes, stirring constantly. Dissolve the cornstarch in a little milk, and add to the simmering soup along with the remaining milk. Cook, whisking frequently, until the soup has thickened and has returned to a simmer, about 8 minutes.
- ☐ Whisk in the sour cream and the liquid from the can of escargots; return to a bare simmer, and cook for 5 minutes. Stir in the halved escargots, and cook for 1 minute more until warm.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:2.8, Inflammation Score:-6, Nutrition Score:7.7621738858845%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 248.4kcal (12.42%), Fat: 21.04g (32.37%), Saturated Fat: 12.41g (77.59%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 10.17g (3.7%), Sugar: 7.24g (8.05%), Cholesterol: 62.84mg (20.95%), Sodium: 372.33mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin K: 28.49µg (27.13%), Calcium: 190.91mg (19.09%), Vitamin A: 886.56IU (17.73%), Vitamin B2: 0.27mg (15.75%), Phosphorus: 153.89mg (15.39%), Vitamin B12: 0.74µg (12.25%), Vitamin D: 1.3µg (8.67%), Potassium: 278.17mg (7.95%), Vitamin B1: 0.1mg (6.61%), Vitamin B5: 0.6mg (5.96%), Selenium: 4.15µg (5.93%), Magnesium: 21.21mg (5.3%), Vitamin B6: 0.1mg (4.86%), Zinc: 0.69mg (4.6%), Manganese: 0.08mg (4.04%), Vitamin E: 0.59mg (3.96%), Folate: 12.86µg (3.21%), Vitamin C: 2.63mg (3.18%), Vitamin B3: 0.42mg (2.09%), Fiber: 0.44g (1.75%), Iron: 0.29mg (1.61%), Copper: 0.03mg (1.47%)