



Creamy Pimiento Cheese Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



58 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 rib celery chopped
- ☐ 1.5 cups chicken broth
- ☐ 3 ounce cream cheese cubed
- ☐ 0.3 teaspoon hot sauce
- ☐ 4 cups milk
- ☐ 1 medium onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 4 ounce pimientos divided drained sliced
- ☐ 0.8 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 1 medium size sweet potatoes and into peeled chopped

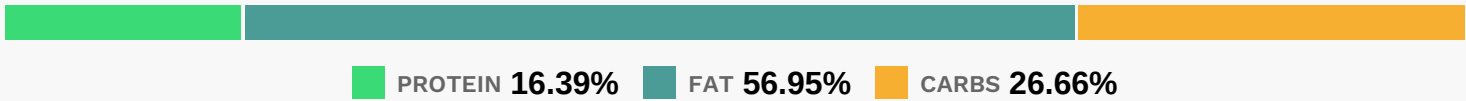
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Melt butter in a large Dutch oven over medium heat.
- ☐ Add onion and celery, and saut 5 minutes or until vegetables are tender.
- ☐ Add chopped sweet potato, milk, and chicken broth; bring to a boil, stirring occasionally. Reduce heat, and simmer, stirring occasionally, 18 to 20 minutes or until sweet potato is tender.
- ☐ Remove mixture from heat, and stir in half of the pimientos.
- ☐ Add Cheddar cheese and next 4 ingredients, stirring until cheese melts.
- ☐ Let cool 5 minutes.
- ☐ Process cheese mixture, in batches, using a handheld blender, blender, or food processor until smooth, stopping to scrape down sides. Stir in remaining half of pimientos before serving.
- ☐ *1 medium potato, peeled and chopped, may be substituted.
- ☐ Note: Our Test Kitchens professionals tested this soup using three different tools--a food processor, blender, and handheld blender. Though each worked well, the handheld blender produced the smoothest soup.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:3.5304348391035%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 57.97kcal (2.9%), Fat: 3.73g (5.73%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.33g (2.59%), Cholesterol: 11.79mg (3.93%), Sodium: 156.56mg (6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin A: 1310.03IU (26.2%), Calcium: 73.57mg (7.36%), Phosphorus: 59.22mg (5.92%), Vitamin C: 4.41mg (5.34%), Vitamin B2: 0.08mg (4.92%), Vitamin B12: 0.23µg (3.75%), Selenium: 2.06µg (2.94%), Potassium: 96.08mg (2.75%), Vitamin B6: 0.05mg (2.71%), Vitamin D: 0.38µg (2.54%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.22mg (2.2%), Vitamin B1: 0.03mg (2.06%), Magnesium: 7.86mg (1.96%), Manganese: 0.04mg (1.87%), Fiber: 0.38g (1.52%)