



Creamy Spanish-Style Garlic Soup

READY IN



20 min.

SERVINGS



20

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz philadelphia cream cheese cubed
- 42 oz chicken broth fat-free reduced-sodium canned
- 12 large cloves garlic chopped
- 0.3 tsp ground cumin
- 6 oz oscar mayer ham smoked coarsely chopped
- 2 Tbsp olive oil
- 1 Tbsp paprika spanish (pimentÃ³n)
- 20 servings ritz crackers

Equipment

sauce pan

Directions

- Heat oil in large saucepan on medium-high heat.
- Add ham and garlic; cook 1 to 2 min. or until garlic is golden brown, stirring constantly.
- Add paprika and cumin; cook and stir 1 min. or just until seasonings are toasted.
- Stir in cream cheese; cook and stir 1 to 2 min. or until cream cheese is melted and mixture is well blended.
- Add broth; stir. Bring to boil; simmer on medium-low heat 5 min, stirring frequently.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.2517391145229%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 156.73kcal (7.84%), Fat: 10.56g (16.24%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 11.09g (4.03%), Sugar: 1.86g (2.06%), Cholesterol: 16.73mg (5.58%), Sodium: 521.57mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Vitamin B1: 0.13mg (8.84%), Vitamin K: 9.14µg (8.7%), Phosphorus: 83.56mg (8.36%), Vitamin B3: 1.52mg (7.61%), Selenium: 5.21µg (7.44%), Manganese: 0.13mg (6.34%), Vitamin B2: 0.1mg (6.01%), Vitamin E: 0.9mg (5.99%), Iron: 0.94mg (5.23%), Calcium: 42.15mg (4.22%), Vitamin B6: 0.08mg (4.02%), Folate: 13.66µg (3.42%), Vitamin A: 167.33IU (3.35%), Vitamin B12: 0.2µg (3.31%), Zinc: 0.39mg (2.58%), Vitamin B5: 0.25mg (2.46%), Potassium: 84.85mg (2.42%), Copper: 0.05mg (2.3%), Magnesium: 6.87mg (1.72%), Fiber: 0.42g (1.67%), Vitamin C: 1.16mg (1.4%)