



WHATShEATE



Creamy spinach soup



Vegetarian



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



317 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



50 g butter



1 medium onion finely chopped



2 garlic cloves finely chopped



1 medium potatoes peeled chopped



450 ml vegetable stock



600 ml milk



450 g pkt spinach fresh washed roughly chopped



4 servings lemon zest finely grated

- ☐ 4 servings nutmeg freshly grated to taste
- ☐ 3 tbsp double cream

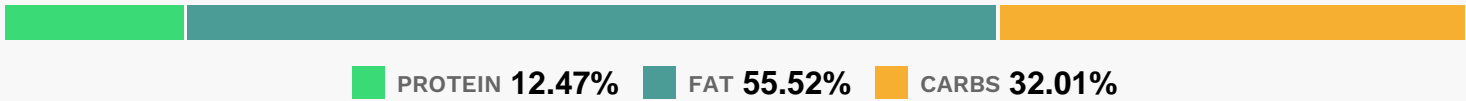
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ microwave

Directions

- ☐ Melt the butter in a large lidded saucepan, add the onion and garlic and fry gently for 5–6 minutes until softening. Stir in the potato and continue to cook gently for 1 minute.
- ☐ Pour in the stock and simmer for 8–10 minutes until the potato starts to cook.
- ☐ Pour in the milk and bring up to a simmer, then stir in half the spinach and the lemon zest. Cover and simmer for 15 minutes until the spinach has completely wilted down. Allow to cool for about 5 minutes.
- ☐ Pour the soup into a blender (preferably) or food processor, add the remaining spinach (this will keep the soup bright green and fresh tasting) and process until silky smooth you may need to do this in batches depending on the size of your machine. (The soup may now be frozen for up to 1 month. Defrost in the microwave or overnight in the fridge. The soup may lose some of its vibrancy on freezing, but the flavour wont be impaired.) Return to the pan and reheat. Taste and season with salt, pepper and nutmeg. You may like to dilute the soup with a little extra stock if too thick. Ladle the soup into bowls and swirl in the cream

Nutrition Facts



Properties

Glycemic Index:93.94, Glycemic Load:11.82, Inflammation Score:-10, Nutrition Score:30.429999890535%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 7.79mg, Kaempferol: 7.79mg, Kaempferol: 7.79mg, Kaempferol: 7.79mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 10.45mg, Quercetin: 10.45mg, Quercetin: 10.45mg, Quercetin: 10.45mg

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 20.4g (31.38%), Saturated Fat: 12.51g (78.16%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 21.87g (7.95%), Sugar: 11.37g (12.64%), Cholesterol: 58.15mg (19.38%), Sodium: 682.93mg (29.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin K: 546.22µg (520.21%), Vitamin A: 11519.39IU (230.39%), Manganese: 1.22mg (60.77%), Folate: 234.41µg (58.6%), Vitamin C: 44.99mg (54.53%), Calcium: 331.46mg (33.15%), Potassium: 1151.15mg (32.89%), Magnesium: 127.54mg (31.88%), Vitamin B2: 0.48mg (28.17%), Phosphorus: 265.8mg (26.58%), Vitamin B6: 0.53mg (26.51%), Iron: 3.62mg (20.13%), Vitamin E: 2.77mg (18.45%), Fiber: 4.58g (18.33%), Vitamin B1: 0.24mg (16.17%), Vitamin B12: 0.87µg (14.58%), Vitamin D: 1.88µg (12.54%), Copper: 0.24mg (12.12%), Zinc: 1.53mg (10.21%), Vitamin B5: 0.89mg (8.94%), Vitamin B3: 1.62mg (8.1%), Selenium: 5.07µg (7.24%)