



Creamy Spinach Soup

READY IN



35 min.

SERVINGS



5

CALORIES



332 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 teaspoons chicken soup base
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound pkt spinach frozen thawed chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 3 cups half-and-half
- ☐ 0.5 cup onion chopped
- ☐ 5 servings salt and pepper to taste
- ☐ 2 cups water

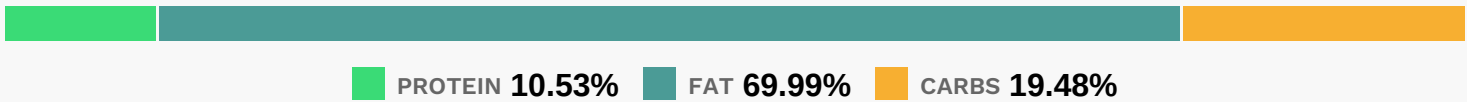
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Place spinach, water, bouillon, onion, and garlic powder in a large pot over medium-high heat. Bring to a boil, then reduce heat to medium-low and simmer until spinach is tender. Meanwhile, melt the butter in a small saucepan and whisk in the flour until smooth. Cook for 2 minutes. Slowly stir in half-and-half; mix until smooth.
- ☐ Pour the half-and-half into the spinach, and simmer until thickened, about 10 minutes. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:22.692173854164%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 331.82kcal (16.59%), Fat: 26.72g (41.11%), Saturated Fat: 16.15g (100.94%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 13.65g (4.96%), Sugar: 7.57g (8.41%), Cholesterol: 75.43mg (25.14%), Sodium: 810.06mg (35.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.09%), Vitamin K: 340.24µg (324.04%), Vitamin A: 11435.65IU (228.71%), Folate: 151.3µg (37.82%), Manganese: 0.71mg (35.39%), Vitamin B2: 0.53mg (31.24%), Calcium: 285.8mg (28.58%), Magnesium: 87.72mg (21.93%), Vitamin E: 3.27mg (21.82%), Phosphorus: 199.78mg (19.98%), Selenium: 12.89µg (18.41%), Potassium: 545.09mg (15.57%), Vitamin B6: 0.25mg (12.75%), Vitamin B1: 0.19mg (12.54%), Fiber: 3.09g (12.34%), Iron: 2.14mg (11.89%), Vitamin C: 7.5mg (9.09%), Copper: 0.17mg (8.75%), Zinc: 1.17mg (7.81%), Vitamin B5: 0.58mg (5.75%), Vitamin B3: 1.05mg (5.26%), Vitamin B12: 0.3µg (5%)