



## Creamy Stilton Soup

READY IN



20 min.

SERVINGS



1

CALORIES



1687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 0.3 cup butter
- 0.5 cup carrots finely chopped
- 2 cups chicken broth (from 32-oz carton)
- 0.3 cup flour all-purpose
- 1 serving parsley fresh chopped
- 1.5 cups half and half
- 0.5 cup onion finely chopped
- 6 oz coarsely stilton cheese crumbled

0.3 teaspoon pepper white

## Equipment

sauce pan

## Directions

- Melt butter in 3-quart saucepan over medium heat. Cook onion, carrot and bay leaf in butter about 5 minutes, stirring occasionally, until onion and carrot are tender.
- Stir in flour and white pepper. Cook over low heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in broth and half-and half.
- Heat to boiling over medium heat, stirring constantly; boil and stir 1 minute.
- Stir in cheese.
- Heat over low heat, stirring constantly, just until cheese is melted.
- Remove bay leaf.
- Sprinkle parsley over soup.

## Nutrition Facts

 PROTEIN 13.17%  FAT 72.7%  CARBS 14.13%

## Properties

Glycemic Index:207.83, Glycemic Load:22.05, Inflammation Score:-10, Nutrition Score:45.0008693778%

## Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg

## Nutrients (% of daily need)

Calories: 1687.43kcal (84.37%), Fat: 137.82g (212.04%), Saturated Fat: 66.98g (418.62%), Carbohydrates: 60.29g (20.1%), Net Carbohydrates: 56g (20.37%), Sugar: 24.41g (27.12%), Cholesterol: 264.02mg (88.01%), Sodium: 4506.67mg (195.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.16g (112.33%), Vitamin A: 15658.79IU (313.18%), Calcium: 1374.23mg (137.42%), Phosphorus: 1117.64mg (111.76%), Vitamin B2: 1.87mg (110.02%), Vitamin K:

83.26µg (79.3%), Selenium: 49.24µg (70.34%), Vitamin B12: 2.92µg (48.59%), Zinc: 6.83mg (45.53%), Vitamin B5: 4.51mg (45.06%), Folate: 163.55µg (40.89%), Potassium: 1401.14mg (40.03%), Vitamin B1: 0.59mg (39.37%), Manganese: 0.68mg (33.95%), Vitamin B6: 0.67mg (33.64%), Vitamin B3: 5.8mg (28.98%), Magnesium: 106.95mg (26.74%), Vitamin E: 3.77mg (25.11%), Vitamin C: 18.55mg (22.48%), Iron: 3.21mg (17.84%), Fiber: 4.28g (17.14%), Copper: 0.29mg (14.36%), Vitamin D: 0.85µg (5.67%)