



## Creamy Stilton Soup

READY IN



20 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

1.5 cups frangelico

## 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



## Properties

Glycemic Index:51.96, Glycemic Load:5.51, Inflammation Score:-9, Nutrition Score:11.498695772627%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 302.97kcal (15.15%), Fat: 24.02g (36.95%), Saturated Fat: 10.36g (64.78%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 10.1g (3.67%), Sugar: 2.35g (2.62%), Cholesterol: 34.24mg (11.41%), Sodium: 1071.31mg (46.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Vitamin A: 3593.44IU (71.87%), Calcium: 246.46mg (24.65%), Phosphorus: 193.2mg (19.32%), Vitamin K: 19.64µg (18.7%), Vitamin B2: 0.29mg (17.15%),

Selenium: 9.41µg (13.44%), Folate: 38.17µg (9.54%), Vitamin B12: 0.56µg (9.27%), Zinc: 1.35mg (9.02%), Vitamin B5: 0.86mg (8.64%), Manganese: 0.17mg (8.44%), Vitamin B1: 0.12mg (8.03%), Vitamin B3: 1.35mg (6.75%), Potassium: 230.49mg (6.59%), Vitamin B6: 0.12mg (6.14%), Vitamin E: 0.71mg (4.77%), Vitamin C: 3.82mg (4.63%), Magnesium: 17.66mg (4.42%), Fiber: 1.07g (4.29%), Iron: 0.76mg (4.21%), Copper: 0.06mg (3.18%), Vitamin D: 0.21µg (1.42%)