

Dill Pickle Soup

READY IN



30 min.

SERVINGS



8

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 7 cups chicken broth
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons dill pickle juice
- ☐ 0.5 cup dill pickles finely chopped
- ☐ 1 teaspoon dill weed
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons garlic minced

- ☐ 2 cups warm milk
- ☐ 4 teaspoons onion salt
- ☐ 0.5 teaspoon pepper white
- ☐ 2 tablespoons sugar white
- ☐ 1 tablespoon worcestershire sauce

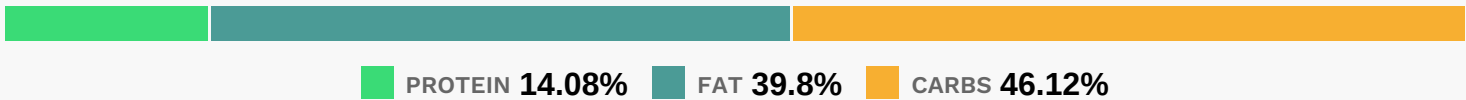
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Melt butter in a large stockpot over medium heat.
- ☐ Whisk in flour, and cook until the flour just begins to turn from white to a pale beige, 1 to 2 minutes.
- ☐ Whisk in chicken broth until thickened and smooth. Increase heat to medium high, add dill pickles, pickle juice, sugar, Worcestershire sauce, garlic, onion salt, dill weed, curry powder, white pepper, and bay leaves. Bring to a simmer, then reduce heat to medium-low and simmer for 5 minutes, whisking frequently.
- ☐ Remove from heat and whisk in milk.
- ☐ Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:7.56, Inflammation Score:-2, Nutrition Score:4.9613042992094%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 120.17kcal (6.01%), Fat: 5.39g (8.29%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.62g (4.95%), Sugar: 7.18g (7.97%), Cholesterol: 18.96mg (6.32%), Sodium: 2127.05mg (92.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin B2: 0.26mg (15.03%), Vitamin B1: 0.15mg (9.78%), Calcium: 96.24mg (9.62%), Manganese: 0.19mg (9.42%), Phosphorus: 84.09mg (8.41%), Selenium: 4.85µg (6.93%), Vitamin B12: 0.38µg (6.27%), Vitamin B3: 1.02mg (5.08%), Potassium: 172.2mg (4.92%), Vitamin D: 0.67µg (4.47%), Iron: 0.77mg (4.27%), Vitamin A: 213.48IU (4.27%), Folate: 15.77µg (3.94%), Magnesium: 13.07mg (3.27%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.29mg (2.93%), Vitamin B6: 0.06mg (2.83%), Copper: 0.06mg (2.8%), Vitamin K: 2.24µg (2.13%), Vitamin E: 0.27mg (1.78%), Fiber: 0.44g (1.75%)