



Garlic and Rosemary Bread Soup



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 5 cup rich chicken stock
- ☐ 1 teaspoon coarse salt
- ☐ 4 ounces bite-size pieces crusty rosemary bread good stale fine
- ☐ 3 large eggs well beaten
- ☐ 1 leaf flat parsley leaves whole for garnish
- ☐ 8 clove garlic minced peeled
- ☐ 0.3 cup very olive oil good plus more for drizzling

- ☐ 1 teaspoon rosemary leaves minced
- ☐ 4 servings salt and pepper to taste

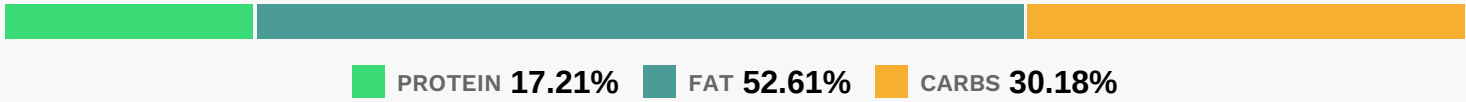
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-low heat until hot but not smoking.
- ☐ Add garlic and 1 teaspoon salt; cook, stirring occasionally, until very fragrant but not browned, about 10 minutes.
- ☐ Add bread, and stir to coat. Cook, stirring often until the bread begins to brown. Stir in stock, rosemary and bay leaf; season to taste with salt and pepper. Bring to a boil. Reduce heat; simmer 10 minutes.Discard bay leaf. Stir in eggs. Cook, stirring quite often to keep the eggs broken up, about 10 minutes.
- ☐ Serve soup garnished with plenty of whole parsley leaves, and a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:11.91, Inflammation Score:-4, Nutrition Score:13.484347768452%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 367.27kcal (18.36%), Fat: 21.39g (32.91%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 26.83g (9.76%), Sugar: 6.25g (6.95%), Cholesterol: 148.5mg (49.5%), Sodium: 1429.52mg (62.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Selenium: 27.08µg (38.68%), Vitamin B2: 0.55mg (32.62%), Vitamin B3: 6.18mg (30.9%), Vitamin B1: 0.33mg (22.24%), Phosphorus: 194.39mg (19.44%), Vitamin B6: 0.35mg (17.63%), Folate: 68.18µg (17.04%), Vitamin E: 2.49mg (16.63%), Iron: 2.61mg (14.51%), Manganese: 0.26mg (13.21%), Vitamin K: 13.24µg (12.61%), Copper: 0.25mg (12.56%), Potassium: 426.03mg (12.17%),

Zinc: 1.27mg (8.5%), Vitamin B5: 0.71mg (7.06%), Magnesium: 27.3mg (6.83%), Calcium: 57.09mg (5.71%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.75µg (5%), Vitamin A: 235.43IU (4.71%), Vitamin C: 2.83mg (3.43%), Fiber: 0.78g (3.1%)