



## Garlic Bread Soup with Clams

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



237 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon butter
- 1 quart chicken stock see
- 1 cup garlic cloves peeled roughly chopped
- 1 tablespoon herbs mixed (parsley, thyme, etc)
- 1 tablespoon olive oil
- 1 pound onions roughly chopped

### Equipment

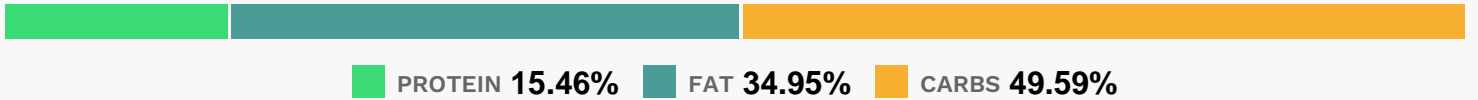
- frying pan

- sauce pan
- immersion blender

## Directions

- Saut  the onions and garlic in the butter and olive oil in a medium sized saucepan set over low to medium heat.
- Add a pinch or two of salt and a bit of white pepper. Do not let mixture fry. Small gentle bubbles should form around the edge of the pan and are a good sign that the heat is just right. They will become a deep golden caramel color in about 30 minutes. Stir and watch frequently as they cook.
- Add the chicken stock, cheese rind, chopped herbs and the garlic bread.Simmer another 15 to 20 minutes, stirring often. Taste for seasoning. It may need a bit more salt. If it does let add a pinch and let it cook another 2 or 3 minutes.
- Remove what is left of the cheese rind and discard it.Puree the soup with an immersion blender.You may make the soup a day ahead as it is often better on the second day.
- Serve this with steamed clams (optional) on the side and a hefty sprinkling of grated Parmigiano-Reggiano and some chopped thyme leaves.

## Nutrition Facts



## Properties

Glycemic Index:44.25, Glycemic Load:5.51, Inflammation Score:-6, Nutrition Score:11.79130419862%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 23.61mg, Quercetin: 23.61mg, Quercetin: 23.61mg, Quercetin: 23.61mg

## Nutrients (% of daily need)

Calories: 237.34kcal (11.87%), Fat: 9.46g (14.56%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 27.56g (10.02%), Sugar: 8.89g (9.88%), Cholesterol: 14.62mg (4.87%), Sodium: 371.23mg (16.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.83%), Manganese: 0.72mg (36.03%), Vitamin B6:

0.7mg (35.14%), Vitamin C: 19.56mg (23.71%), Vitamin B3: 4.11mg (20.57%), Vitamin B2: 0.27mg (15.92%), Potassium: 552.67mg (15.79%), Selenium: 10.64µg (15.19%), Phosphorus: 149.9mg (14.99%), Copper: 0.28mg (13.78%), Vitamin B1: 0.2mg (13.55%), Fiber: 2.65g (10.6%), Calcium: 96.48mg (9.65%), Folate: 34.84µg (8.71%), Iron: 1.35mg (7.5%), Magnesium: 29.69mg (7.42%), Zinc: 0.93mg (6.17%), Vitamin K: 5.93µg (5.65%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.35mg (3.47%), Vitamin A: 126.27IU (2.53%)