



Garlic Soup

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



359 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups day-old crusty bread cubed
- ☐ 1 cup cooking wine dry white
- ☐ 6 servings optional: dill fresh for topping
- ☐ 2 small heads garlic peeled smashed thinly sliced
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small onion chopped

- ☐ 1 piece parmesan cheese rind grated
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 sprigs thyme leaves

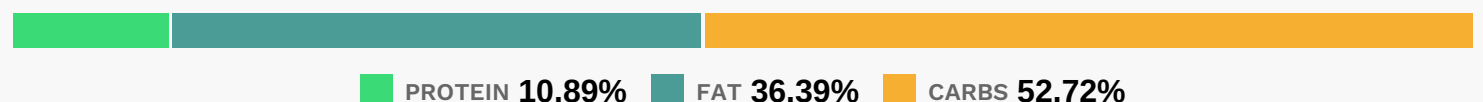
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat 1 tablespoon olive oil in a medium saucepan over medium heat.
- ☐ Add the smashed garlic and onion and cook, stirring, until soft and lightly golden, about 8 minutes.
- ☐ Add the wine, thyme, bay leaf, 1/2 teaspoon salt, pepper to taste and the cheese rind. Bring to a simmer and cook until reduced by half, about 5 minutes.
- ☐ Add 5 cups water, reduce the heat to low and bring to a gentle simmer; cook until the garlic is very soft, about 30 minutes.
- ☐ Remove from the heat, add the bread and let soak, 10 minutes.
- ☐ Remove the thyme, bay leaf and cheese rind from the saucepan; stir in the grated cheese, sour cream and 1/2 teaspoon salt.
- ☐ Transfer the soup to a blender in batches and puree until smooth. Season with salt and pepper.
- ☐ Combine the remaining 3 tablespoons olive oil, the sliced garlic and a pinch of salt in a skillet over low heat; cook until the garlic is golden and crisp, 12 to 15 minutes.
- ☐ Divide the soup among bowls. Top with the fried garlic, some of the garlic oil, and dill.
- ☐ Photograph by Christina Holmes

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:31.97, Inflammation Score:-7, Nutrition Score:11.877826223312%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 358.83kcal (17.94%), Fat: 13.49g (20.76%), Saturated Fat: 3g (18.73%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 41.88g (15.23%), Sugar: 4.97g (5.52%), Cholesterol: 7.65mg (2.55%), Sodium: 678.84mg (29.51%), Alcohol: 4.12g (100%), Alcohol %: 3.4% (100%), Protein: 9.09g (18.18%), Vitamin B1: 0.57mg (38.04%), Manganese: 0.69mg (34.29%), Selenium: 23.19µg (33.13%), Folate: 100.81µg (25.2%), Vitamin B2: 0.37mg (21.8%), Vitamin B3: 3.88mg (19.42%), Iron: 3.39mg (18.83%), Phosphorus: 105.04mg (10.5%), Vitamin E: 1.54mg (10.28%), Fiber: 2.1g (8.4%), Magnesium: 33.23mg (8.31%), Calcium: 66.18mg (6.62%), Copper: 0.13mg (6.59%), Vitamin K: 6.84µg (6.52%), Zinc: 0.95mg (6.34%), Vitamin B6: 0.13mg (6.34%), Potassium: 160.21mg (4.58%), Vitamin B5: 0.34mg (3.43%), Vitamin A: 106.26IU (2.13%), Vitamin C: 1.61mg (1.95%)