



Garlic Soup (Sopa de Ajo)



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 large eggs
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 5 tablespoons garlic minced
- ☐ 2 teaspoons olive oil
- ☐ 2 ounce rustic bread cut into 1-inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon paprika smoked sweet

- ☐ 3 cups vegetable broth organic (such as Emeril's)
- ☐ 1 cup water

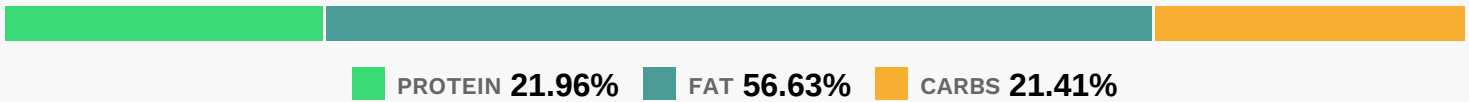
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add garlic to pan; cook 5 minutes or until tender (do not brown). Stir in paprika.
- ☐ Add broth, 1 cup water, salt, and pepper; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Arrange bread cubes in a single layer on a baking sheet; broil 4 minutes or until golden, stirring once halfway through cooking. Reduce oven temperature to 35
- ☐ Place about 1/4 cup bread cubes in each of 8 ovenproof soup bowls. Break one egg into each bowl; ladle about 1/2 cup broth mixture into each bowl. Arrange bowls on a baking sheet; bake at 350 for 20 minutes or until egg whites are set but yolks are still runny.
- ☐ Sprinkle evenly with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1, Inflammation Score:-4, Nutrition Score:7.0143478227698%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 132.97kcal (6.65%), Fat: 8.32g (12.81%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.59g (2.4%), Sugar: 3.21g (3.57%), Cholesterol: 186mg (62%), Sodium: 525.56mg (22.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Selenium: 16.08µg (22.97%), Vitamin K: 17.54µg (16.7%), Vitamin B2: 0.24mg (14.39%), Vitamin A: 665.87IU (13.32%), Phosphorus: 110.74mg (11.07%), Vitamin B5: 0.81mg (8.07%), Vitamin B6: 0.15mg (7.67%), Folate: 29.77µg (7.44%), Vitamin B12: 0.44µg (7.42%), Iron: 1.24mg (6.87%), Vitamin D: 1µg (6.67%), Manganese: 0.11mg (5.57%), Vitamin E: 0.75mg (5.03%), Zinc: 0.74mg (4.95%), Calcium: 40.22mg (4.02%), Vitamin C: 2.89mg (3.51%), Potassium: 116.53mg (3.33%), Copper: 0.06mg (2.99%), Vitamin B1: 0.04mg (2.78%), Magnesium: 9.8mg (2.45%), Vitamin B3: 0.43mg (2.15%), Fiber: 0.49g (1.96%)