



Leek and Garlic Soup



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups top cubed 1-inch 2 ounces
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 1 garlic head whole
- ☐ 1 tablespoon garlic fresh chopped
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 2 leaves leek green 4-inch
- ☐ 3 cups leek thinly sliced 3 large

- ☐ 1 tablespoon olive oil
- ☐ 6 parsley sprigs
- ☐ 4 thyme sprigs
- ☐ 4 cups vegetable broth organic such as Swanson Certified

Equipment

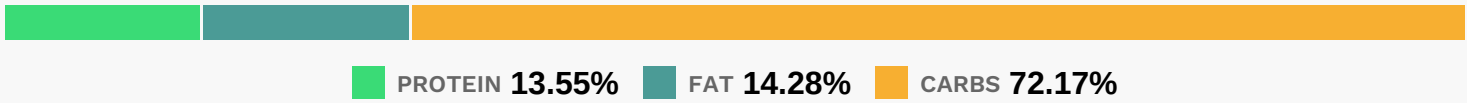
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- ☐ Bake at 350 for 45 minutes; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Place parsley, thyme, leek leaves, and bay leaf on cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add sliced leek to pan; cook 7 minutes or until wilted, stirring occasionally. Stir in bread and chopped raw garlic; cook 2 minutes.
- ☐ Add herb bundle, broth, and pepper; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally; discard herb bundle.
- ☐ Place half of leek mixture and half of roasted garlic pulp in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.

- ☐
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐
- Pour into a large bowl. Repeat procedure with remaining leek mixture and roasted garlic pulp.
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- Ladle about 2/3 cup soup into each of 6 bowls; sprinkle each serving with 2 teaspoons chives.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:34.47, Inflammation Score:-9, Nutrition Score:15.810869590096%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 274.84kcal (13.74%), Fat: 4.42g (6.8%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 47.5g (17.27%), Sugar: 6.78g (7.54%), Cholesterol: 0mg (0%), Sodium: 1111.44mg (48.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.87%), Vitamin K: 43.15µg (41.09%), Vitamin B1: 0.59mg (39.54%), Manganese: 0.69mg (34.54%), Selenium: 23.28µg (33.26%), Folate: 129.36µg (32.34%), Vitamin A: 1271.19IU (25.42%), Iron: 4.29mg (23.83%), Vitamin B2: 0.36mg (21.09%), Vitamin B3: 4.03mg (20.15%), Vitamin C: 9.33mg (11.3%), Fiber: 2.77g (11.1%), Vitamin B6: 0.22mg (10.88%), Phosphorus: 103.71mg (10.37%), Magnesium: 40.68mg (10.17%), Copper: 0.19mg (9.41%), Calcium: 76.92mg (7.69%), Zinc: 0.93mg (6.19%), Vitamin E: 0.93mg (6.18%), Potassium: 196.07mg (5.6%), Vitamin B5: 0.35mg (3.5%)