



Leek Soup

READY IN



45 min.

SERVINGS



5

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2.5 inch diagonally bread baguette french cut
- 1 tablespoon butter
- 1.3 ounces parrano originale cheese shredded
- 5 cups less-sodium chicken broth fat-free
- 5 garlic cloves minced
- 4 cups leek thinly sliced (4 large)
- 4 thyme sprigs

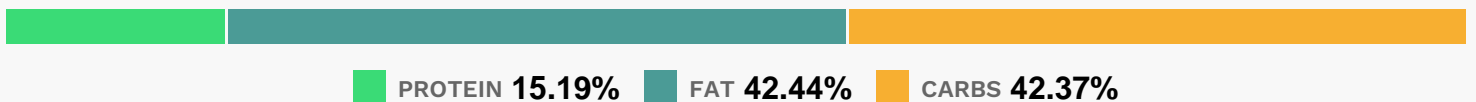
Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- broiler

Directions

- Melt butter in a large saucepan over medium heat.
- Add leek and garlic; saut 15 minutes or until golden.
- Add broth, thyme, and bay leaf; bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes.
- While soup simmers, preheat broiler.
- Place baguette slices on a large baking sheet, and sprinkle evenly with cheese. Broil 4 minutes or until cheese melts and bread is toasted.
- Remove soup from heat, and discard bay leaf. Ladle soup into individual bowls, and top with cheese toast.

Nutrition Facts



Properties

Glycemic Index:48.53, Glycemic Load:3.52, Inflammation Score:-9, Nutrition Score:10.141739205174%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 5.53g (8.51%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 10.91g (3.97%), Sugar: 3.25g (3.61%), Cholesterol: 13.58mg (4.53%), Sodium: 1016.71mg (44.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin K: 33.95µg (32.34%), Vitamin A: 1372.17IU (27.44%), Manganese: 0.45mg (22.44%), Vitamin C: 10.77mg (13.06%), Folate: 51.08µg (12.77%), Selenium: 8.67µg (12.38%), Vitamin B6: 0.24mg (12.24%), Calcium: 115.63mg (11.56%), Iron: 2.07mg (11.5%), Phosphorus: 92.29mg (9.23%), Vitamin B12: 0.54µg (8.98%), Vitamin B3: 1.66mg (8.32%), Copper: 0.15mg (7.32%), Magnesium: 26.88mg (6.72%), Vitamin B2: 0.11mg (6.69%), Potassium: 221.55mg (6.33%), Fiber: 1.51g (6.05%), Vitamin E: 0.78mg (5.21%), Vitamin B1: 0.07mg (4.84%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.47mg (3.16%)