



Lemon Artichoke Soup



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups artichoke hearts chopped
- ☐ 0.3 cup butter
- ☐ 0.5 cup carrots minced
- ☐ 0.5 cup celery minced
- ☐ 3 cups chicken broth
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 3 cups half and half

- ☐ 1 optional: lemon halved
- ☐ 0.5 cup onion minced
- ☐ 1 teaspoon salt

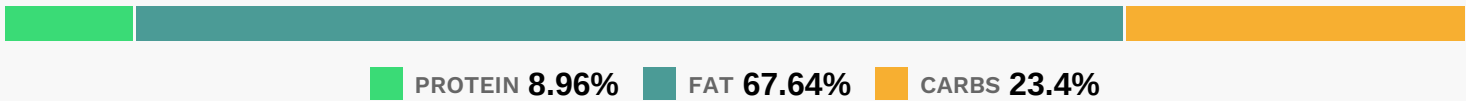
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt the butter in a saucepan over medium heat.
- ☐ Add the onion, celery, carrot, and garlic; cook until the onion and garlic are translucent. Stir in the chicken broth, artichoke hearts, salt, and pepper and simmer 10 minutes.
- ☐ Transfer mixture to a blender and puree until smooth; return the mixture to the saucepan. Squeeze one lemon half into the pan.
- ☐ Place the other lemon half into the saucepan. Bring to a boil. Reduce heat to low and simmer another 10 minutes.
- ☐ Remove the lemon half from the pan and pour in the half and half; stir. Continue to simmer until thoroughly heated, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:6.6513043175573%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.23mg, Quercetin:

2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 218.82kcal (10.94%), Fat: 16.46g (25.33%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 9.84g (3.58%), Sugar: 6.38g (7.09%), Cholesterol: 48.78mg (16.26%), Sodium: 1218.26mg (52.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin A: 1869.68IU (37.39%), Vitamin B2: 0.25mg (14.41%), Fiber: 2.98g (11.92%), Calcium: 115.27mg (11.53%), Vitamin C: 9.5mg (11.51%), Phosphorus: 101.78mg (10.18%), Potassium: 217.48mg (6.21%), Manganese: 0.12mg (5.76%), Selenium: 3.53µg (5.04%), Vitamin K: 5.04µg (4.8%), Vitamin B6: 0.09mg (4.47%), Vitamin B1: 0.06mg (4.25%), Magnesium: 14.36mg (3.59%), Vitamin B5: 0.36mg (3.59%), Vitamin E: 0.52mg (3.48%), Vitamin B12: 0.2µg (3.37%), Zinc: 0.48mg (3.22%), Folate: 10.17µg (2.54%), Vitamin B3: 0.42mg (2.12%), Copper: 0.04mg (2.04%), Iron: 0.28mg (1.56%)