

One-of-Each Soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large apples peeled coarsely chopped (preferably Granny Smith)
- ☐ 1 celery with leaves), coarsely chopped (1/2 cup)
- ☐ 1 pint chicken broth
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 medium onion coarsely chopped
- ☐ 0.5 lb potato boiling peeled coarsely chopped

- ☐ 1 banana coarsely chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon butter unsalted

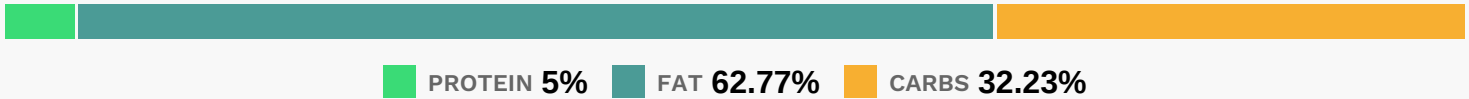
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Simmer vegetables and fruits in broth in a 3-quart heavy saucepan, covered, until very tender, about 12 minutes. Stir in cream, butter, curry powder, and salt and heat just until hot (do not boil).
- ☐ Purée soup in a blender until smooth (use caution when blending hot liquids). Thin soup with water if desired and serve sprinkled with chives.
- ☐ · Soup can be made 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:3.95, Inflammation Score:-6, Nutrition Score:6.1995652603066%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 229.12kcal (11.46%), Fat: 16.64g (25.6%), Saturated Fat: 10.4g (64.98%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 16.64g (6.05%), Sugar: 9.14g (10.15%), Cholesterol: 51.42mg (17.14%), Sodium: 704.75mg (30.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Vitamin A: 733.64IU (14.67%), Potassium: 385.4mg (11.01%), Vitamin C: 8.8mg (10.67%), Fiber: 2.59g (10.35%), Manganese: 0.2mg (10.19%), Vitamin B2: 0.17mg (9.88%), Vitamin B6: 0.2mg (9.85%), Phosphorus: 66.56mg (6.66%), Vitamin K: 6.87µg (6.54%), Magnesium: 22.73mg (5.68%), Copper: 0.11mg (5.29%), Vitamin B1: 0.08mg (5.25%), Folate: 20.43µg (5.11%), Calcium: 46.06mg (4.61%), Vitamin D: 0.67µg (4.46%), Vitamin B3: 0.86mg (4.28%), Vitamin E: 0.64mg (4.25%), Iron: 0.63mg (3.49%), Vitamin B5: 0.35mg (3.45%), Selenium: 2.1µg (2.99%), Zinc: 0.38mg (2.52%), Vitamin B12: 0.08µg (1.39%)