



Reuben Soup

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 4 cups chicken broth
- ☐ 1 pound deli corned beef cubed
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup half-and-half
- ☐ 1 onion chopped
- ☐ 6 servings garnish: rye croutons
- ☐ 6 servings salt and pepper white to taste

- ☐ 1 cup sauerkraut drained chopped
- ☐ 1 cup swiss cheese shredded
- ☐ 0.3 cup water cold
- ☐ 1 cup whipping cream

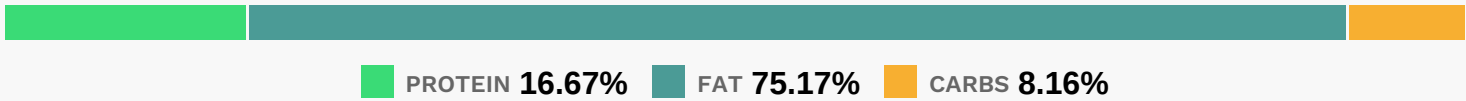
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Melt butter in a medium saucepan.
- ☐ Add onion and cook until soft.
- ☐ Add broth, sauerkraut and bay leaf. Cover; reduce heat and simmer for 15 minutes. In a small bowl, mix cornstarch and water.
- ☐ Add to saucepan; stir in cream, half-and-half, corned beef and cheese. Simmer over very low heat for 10 to 15 minutes, stirring often; do not boil.
- ☐ Remove bay leaf and add salt and pepper. Ladle into bowls and sprinkle with croutons. Melt butter in a medium saucepan.
- ☐ Add onion and cook until soft.
- ☐ Add broth, sauerkraut and bay leaf. Cover; reduce heat and simmer for 15 minutes. In a small bowl, mix cornstarch and water.
- ☐ Add to saucepan; stir in cream, half-and-half, corned beef and cheese. Simmer over very low heat for 10 to 15 minutes, stirring often; do not boil.
- ☐ Remove bay leaf and add salt and pepper. Ladle into bowls and sprinkle with croutons.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:14.944782485133%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 476.27kcal (23.81%), Fat: 40g (61.53%), Saturated Fat: 21.25g (132.81%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 8.52g (3.1%), Sugar: 4.71g (5.23%), Cholesterol: 129.67mg (43.22%), Sodium: 1951.6mg (84.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.91%), Vitamin B12: 2.07µg (34.48%), Selenium: 23.76µg (33.94%), Vitamin C: 25.86mg (31.34%), Phosphorus: 277.22mg (27.72%), Vitamin B2: 0.43mg (25.49%), Calcium: 254.7mg (25.47%), Zinc: 3.44mg (22.96%), Vitamin A: 1000.8IU (20.02%), Vitamin B3: 3.3mg (16.51%), Vitamin B6: 0.32mg (16.15%), Potassium: 432.06mg (12.34%), Manganese: 0.22mg (10.93%), Iron: 1.94mg (10.8%), Copper: 0.16mg (8.16%), Magnesium: 32.59mg (8.15%), Vitamin B5: 0.8mg (8.05%), Vitamin B1: 0.1mg (6.94%), Vitamin K: 5.58µg (5.32%), Vitamin E: 0.8mg (5.3%), Fiber: 1.25g (5.01%), Folate: 17.68µg (4.42%), Vitamin D: 0.63µg (4.23%)