



Roasted Apple and Aged White Cheddar Soup



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



492 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple juice
- ☐ 4 apples cored peeled cut into 1 inch pieces
- ☐ 1 cup aged cheddar shredded white
- ☐ 1 tablespoon grainy dijon mustard
- ☐ 2 cloves garlic chopped
- ☐ 2 cups ham broth
- ☐ 1 cup milk
- ☐ 1 tablespoon oil

- ☐ 1 medium onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped

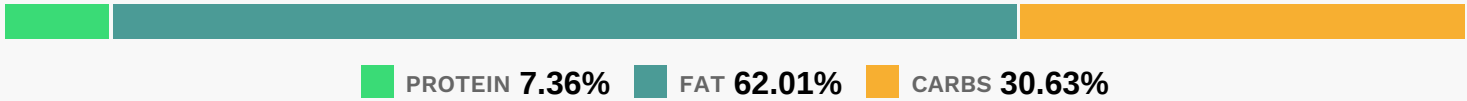
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Toss the apples in the oil, salt and pepper, place in a single layer on a baking sheet and roast in a preheated 400F oven until lightly golden brown, about 20–30 minutes.Meanwhile, heat the oil in a large sauce pan over medium heat, add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Add the apples, broth and cider, bring to a boil, reduce the heat and simmer for 15 minutes.
- ☐ Mix in the milk, cheese and mustard, let the cheese melt and season with salt and pepper to taste.Puree the soup with a hand blender or in a food processor or blender and enjoy!

Nutrition Facts



Properties

Glycemic Index:69.69, Glycemic Load:10.91, Inflammation Score:-9, Nutrition Score:11.055217426756%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg

Epicatechin: 16.48mg, Epicatechin: 16.48mg, Epicatechin: 16.48mg, Epicatechin: 16.48mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg

Nutrients (% of daily need)

Calories: 492.18kcal (24.61%), Fat: 35.14g (54.06%), Saturated Fat: 19.46g (121.6%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 33.84g (12.3%), Sugar: 28.67g (31.85%), Cholesterol: 95.49mg (31.83%), Sodium: 911.44mg (39.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Vitamin A: 1533.96IU (30.68%), Calcium: 268.18mg (26.82%), Fiber: 5.22g (20.87%), Phosphorus: 202.9mg (20.29%), Vitamin B2: 0.31mg (18.1%), Selenium: 11.46µg (16.38%), Vitamin C: 12.58mg (15.25%), Vitamin E: 1.73mg (11.5%), Potassium: 387.48mg (11.07%), Manganese: 0.2mg (9.8%), Zinc: 1.36mg (9.08%), Vitamin B6: 0.18mg (9.07%), Vitamin K: 9.27µg (8.83%), Vitamin D: 1.12µg (7.48%), Magnesium: 29.57mg (7.39%), Vitamin B12: 0.39µg (6.58%), Vitamin B1: 0.09mg (5.76%), Folate: 19.53µg (4.88%), Copper: 0.09mg (4.65%), Vitamin B5: 0.46mg (4.64%), Iron: 0.63mg (3.48%), Vitamin B3: 0.33mg (1.67%)