



Roasted Garlic and Shallot Potato Soup with Cheesy Croutons

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baking potato cubed peeled () (3/4 pound)
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 3 ounces cheese blue crumbled
- ☐ 8 inch bread baguette french
- ☐ 1 cup cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 5 garlic heads whole unpeeled

- ☐ 1 cup milk 2% reduced-fat
- ☐ 3.5 tablespoons olive oil divided
- ☐ 2 cups onion coarsely chopped
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1.3 teaspoons salt divided
- ☐ 0.8 pound shallots unpeeled

Equipment

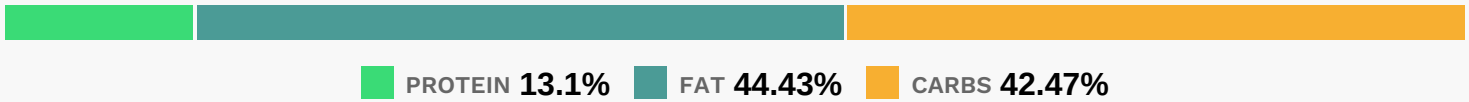
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400
- ☐ To prepare soup, remove white papery skins from garlic heads (do not peel or separate cloves); cut off tops, leaving root ends intact.
- ☐ Place garlic in a shallow roasting pan.
- ☐ Drizzle 1 tablespoon oil over garlic; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cover with foil.
- ☐ Bake at 400 for 20 minutes.
- ☐ Add shallots to pan.
- ☐ Drizzle 1 tablespoon oil over shallots; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cover and bake at 400 for 25 minutes or until tender and browned. Cool. Squeeze garlic to extract pulp; peel shallots. Discard skins. Set garlic pulp and shallots aside.

- ☐ Heat 1 1/2 tablespoons oil in a Dutch oven over medium heat; add onion. Cover and cook 15 minutes or until lightly browned, stirring occasionally.
- ☐ Add garlic pulp, peeled shallots, and wine. Reduce heat; simmer, uncovered, 5 minutes.
- ☐ Stir in broth, potato, and thyme; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Cool slightly.
- ☐ Place half of potato mixture in a blender; process until smooth.
- ☐ Pour pureed mixture into a large bowl. Repeat procedure with remaining potato mixture.
- ☐ Return pureed mixture to pan; stir in milk, 3/4 teaspoon salt, and 1/2 teaspoon pepper into pureed mixture. Cook over medium heat 5 minutes or until thoroughly heated.
- ☐ Preheat oven to 40
- ☐ To prepare croutons, place bread slices in a single layer on a large baking sheet. Lightly coat tops of bread with cooking spray.
- ☐ Bake at 400 for 8 minutes or until lightly browned.
- ☐ Sprinkle cheeses evenly over bread slices, turning once.
- ☐ Bake 3 minutes or until cheese melts.
- ☐ Serve warm with soup.

Nutrition Facts



Properties

Glycemic Index:49.78, Glycemic Load:9.32, Inflammation Score:-7, Nutrition Score:9.0139129848584%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 226.15kcal (11.31%), Fat: 10.42g (16.04%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 19.7g (7.16%), Sugar: 7.38g (8.2%), Cholesterol: 11.18mg (3.73%), Sodium: 893.55mg (38.85%), Alcohol: 3.09g (100%), Alcohol %: 1.36% (100%), Protein: 6.92g (13.83%), Vitamin B6: 0.41mg (20.43%), Manganese: 0.37mg (18.31%), Phosphorus: 155.66mg (15.57%), Calcium: 149.37mg (14.94%), Potassium: 488.78mg (13.97%), Vitamin C: 9.54mg (11.57%), Fiber: 2.72g (10.89%), Vitamin B2: 0.17mg (9.88%), Folate: 37.18µg (9.3%), Selenium: 6.33µg (9.04%), Magnesium: 33.76mg (8.44%), Vitamin B1: 0.12mg (7.96%), Vitamin B12: 0.47µg (7.85%), Iron: 1.4mg (7.79%), Vitamin B5: 0.72mg (7.2%), Vitamin B3: 1.31mg (6.54%), Copper: 0.13mg (6.5%), Vitamin E: 0.96mg (6.39%), Zinc: 0.92mg (6.1%), Vitamin K: 5.78µg (5.5%), Vitamin A: 137.26IU (2.75%)