



Roasted Garlic Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups chicken broth
- 0.3 cup cooking sherry dry
- 6 tablespoons flour all-purpose
- 2 tablespoons chives fresh chopped
- 4 bulbs garlic
- 1 cup heavy whipping cream
- 4 leeks chopped
- 1 tablespoon juice of lemon to taste

- 0.3 cup olive oil
- 1 onion chopped
- 4 servings salt to taste
- 6 tablespoons butter unsalted
- 0.3 teaspoon pepper white freshly ground

Equipment

- food processor
- bowl
- sauce pan
- ladle
- oven
- blender
- baking pan

Directions

- Cut off top 1/4 inch of each garlic head.
- Place in a small, shallow baking dish.
- Drizzle olive oil over.
- Bake at 350 degrees F (175 degrees C) until golden, about 1 hour. Cool slightly. Press individual garlic cloves between thumb and finger to release. Chop garlic.
- Melt butter or margarine in heavy large saucepan over medium heat.
- Add garlic, leeks, and onion; saute until onion is translucent, about 8 minutes.
- Add flour and cook 10 minutes, stirring occasionally. Stir in hot broth and sherry. Simmer 20 minutes, stirring occasionally. Cool slightly.
- Puree soup in batches in a blender or food processor.
- Return soup to saucepan, and add cream. Simmer until thickened, about 10 minutes.
- Add lemon juice to taste. Season with salt and white pepper. Ladle into bowls.
- Garnish with chives.

Nutrition Facts

PROTEIN 4.19% FAT 77.34% CARBS 18.47%

Properties

Glycemic Index:56, Glycemic Load:10.68, Inflammation Score:-9, Nutrition Score:16.931739164435%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 615.07kcal (30.75%), Fat: 52.95g (81.46%), Saturated Fat: 26.44g (165.23%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 25.93g (9.43%), Sugar: 7.77g (8.64%), Cholesterol: 117.08mg (39.03%), Sodium: 1105.01mg (48.04%), Alcohol: 2.06g (100%), Alcohol %: 0.54% (100%), Protein: 6.45g (12.9%), Vitamin A: 2954.11IU (59.08%), Vitamin K: 56.8µg (54.1%), Manganese: 0.74mg (36.77%), Vitamin E: 3.91mg (26.1%), Folate: 88.41µg (22.1%), Vitamin B2: 0.36mg (20.95%), Vitamin C: 16.36mg (19.83%), Iron: 2.9mg (16.13%), Vitamin B6: 0.32mg (15.89%), Vitamin B1: 0.23mg (15.05%), Calcium: 123.65mg (12.37%), Selenium: 8.24µg (11.78%), Phosphorus: 109.81mg (10.98%), Magnesium: 40.8mg (10.2%), Fiber: 2.52g (10.07%), Potassium: 351.05mg (10.03%), Copper: 0.19mg (9.64%), Vitamin D: 1.27µg (8.45%), Vitamin B3: 1.67mg (8.35%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.18µg (2.96%)