



Spanish Almond Soup



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces blanched almonds and
- ☐ 2 cups unseasoned bread cubes (from a baguette)
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 large garlic cloves finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 g coarsely saffron threads crumbled
- ☐ 0.5 teaspoon salt to taste

- ☐ 1 teaspoon sherry vinegar to taste
- ☐ 2 cups water

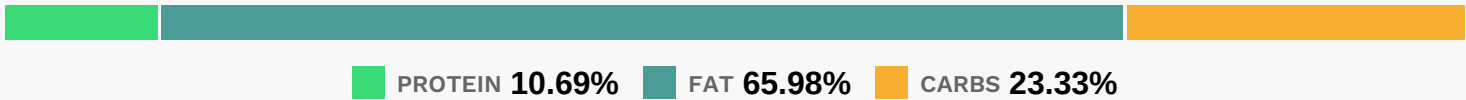
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Heat oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then sauté almonds, stirring constantly, until golden, about 4 minutes.
- ☐ Transfer almonds with a slotted spoon to a blender.
- ☐ Add bread cubes, parsley, garlic, and saffron to oil in skillet and cook over moderate heat, stirring constantly, until golden, about 2 minutes.
- ☐ Transfer about one fourth of crouton mixture to a small bowl for garnish, then transfer remainder to blender.
- ☐ Add broth to blender and purée mixture until smooth.
- ☐ Transfer purée to a 2- to 3-quart heavy saucepan and stir in water. Simmer, uncovered, stirring occasionally, until slightly thickened, about 5 minutes. Stir in salt and vinegar and serve soup topped with croutons.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:7.34, Inflammation Score:-5, Nutrition Score:13.073913144029%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 305.46kcal (15.27%), Fat: 23.21g (35.71%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 15.14g (5.5%), Sugar: 3.13g (3.47%), Cholesterol: 2.35mg (0.78%), Sodium: 870.8mg (37.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Vitamin E: 6.68mg (44.52%), Manganese: 0.83mg (41.44%), Vitamin K: 40.52µg (38.59%), Magnesium: 72.45mg (18.11%), Vitamin B2: 0.29mg (17.35%), Copper: 0.3mg (15.22%), Phosphorus: 146.83mg (14.68%), Selenium: 9.43µg (13.48%), Fiber: 3.33g (13.3%), Vitamin B3: 2.6mg (13.02%), Vitamin B1: 0.19mg (12.34%), Iron: 2.01mg (11.18%), Calcium: 99.35mg (9.93%), Folate: 37.37µg (9.34%), Zinc: 1.06mg (7.05%), Potassium: 219.79mg (6.28%), Vitamin C: 3.25mg (3.94%), Vitamin B6: 0.08mg (3.83%), Vitamin A: 173.41IU (3.47%), Vitamin B5: 0.32mg (3.24%)