



Spanish Garlic Soup



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups pieces peasant bread stale (1-inch)
- ☐ 2 large eggs beaten
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup garlic chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 0.1 teaspoon salt
- ☐ 4 cups water

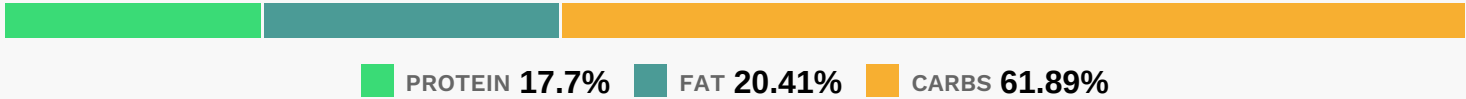
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add garlic; saut 4 minutes or until lightly browned.
- ☐ Add water and broth; bring to a boil. Reduce heat, and simmer 25 minutes or until garlic is tender.
- ☐ Add bread, paprika, and salt, stirring to break up bread pieces. Gradually add eggs, stirring constantly to form long threads.

Nutrition Facts



Properties

Glycemic Index:12.96, Glycemic Load:15.89, Inflammation Score:-4, Nutrition Score:11.022608596346%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 200.78kcal (10.04%), Fat: 4.57g (7.03%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 28.6g (10.4%), Sugar: 3.66g (4.07%), Cholesterol: 46.5mg (15.5%), Sodium: 689.47mg (29.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Manganese: 0.86mg (43.1%), Selenium: 23.96µg (34.23%), Vitamin B3: 3.86mg (19.31%), Vitamin B1: 0.27mg (18.1%), Iron: 2.64mg (14.67%), Folate: 57.32µg (14.33%), Vitamin B2: 0.23mg (13.82%), Phosphorus: 123.81mg (12.38%), Calcium: 103.59mg (10.36%), Fiber: 2.59g (10.35%), Vitamin B6: 0.21mg (10.34%), Vitamin B5: 0.83mg (8.33%), Copper: 0.16mg (7.9%), Magnesium: 30.13mg (7.53%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.28µg (4.69%), Potassium: 163.13mg (4.66%), Vitamin C: 2.77mg (3.36%), Vitamin K: 3.48µg (3.32%), Vitamin A: 131.02IU (2.62%), Vitamin E: 0.36mg (2.39%), Vitamin D: 0.25µg (1.67%)