



Spinach Dip Soup

READY IN



25 min.

SERVINGS



12

CALORIES



241 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2.5 cups chicken broth (from 32-oz carton)
- ☐ 16 oz gorgonzola dip
- ☐ 12 oz roasted peppers red drained sliced chopped
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 12 slices crusty baguette toasted (1/)
- ☐ 3 oz parmesan shredded

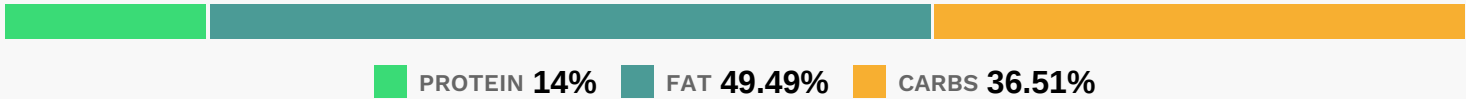
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, melt butter over medium heat. Cook onion and garlic in butter 4 minutes, stirring occasionally, until tender.
- ☐ Stir in broth, spinach dip, roasted peppers and spinach; cook until thoroughly heated. Top each serving with toasted baguette slice.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:12.98, Glycemic Load:10.94, Inflammation Score:-9, Nutrition Score:14.433478328845%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 240.55kcal (12.03%), Fat: 13.14g (20.21%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 19.94g (7.25%), Sugar: 5g (5.55%), Cholesterol: 5.8mg (1.93%), Sodium: 1156.19mg (50.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.72%), Vitamin K: 80.24µg (76.42%), Vitamin A: 2866.42IU (57.33%), Calcium: 214.31mg (21.43%), Manganese: 0.39mg (19.65%), Vitamin C: 15.5mg (18.79%), Folate: 72.7µg (18.17%), Vitamin B1: 0.23mg (15.6%), Vitamin B2: 0.22mg (12.77%), Selenium: 8.79µg (12.56%), Phosphorus: 103.35mg (10.34%), Iron: 1.86mg (10.34%), Vitamin B3: 1.86mg (9.32%), Magnesium: 32.59mg (8.15%), Vitamin B6: 0.15mg (7.47%), Fiber: 1.87g (7.46%), Copper: 0.12mg (6.12%), Vitamin E: 0.89mg (5.96%), Potassium: 193.43mg (5.53%), Zinc: 0.68mg (4.54%), Vitamin B5: 0.21mg (2.12%), Vitamin B12: 0.1µg (1.66%)