



Spring Onion Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



145 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup chicken stock chicken stock low-sodium
- ☐ 1 clove garlic garlic minced peeled
- ☐ 2 tablespoon olive oil very olive oil good extra-virgin plus more for drizzling
- ☐ 1 pinch salt and pepper each salt and pepper white
- ☐ 2 pound onions spring onions chopped
- ☐ 2 cup water water

Equipment

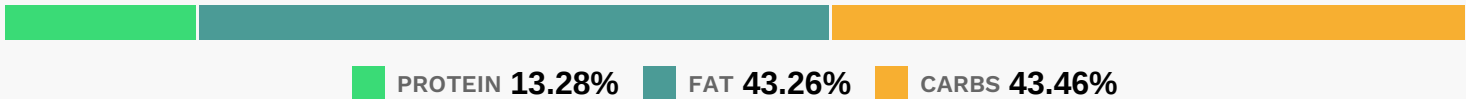
- ☐ bowl

☐ pot

Directions

- ☐ Heat oil in a large soup pot over medium-high heat.
- ☐ Add all the onions and garlic, cook stirring occasionally until translucent, about 15 minutes. Season with salt and white pepper.
- ☐ Add the chicken stock and water. Bring to a boil, lower the heat and simmer for 15 minutes.
- ☐ Remove the soup from heat, and let for a few minutes. Use an immersion blender to puree until smooth. Divide soup among 4 bowls, drizzle with more oil, and serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:18.707826158275%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 24.23mg, Quercetin: 24.23mg, Quercetin: 24.23mg, Quercetin: 24.23mg

Nutrients (% of daily need)

Calories: 145.01kcal (7.25%), Fat: 7.79g (11.98%), Saturated Fat: 1.14g (7.16%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 11.69g (4.25%), Sugar: 5.37g (5.97%), Cholesterol: 0mg (0%), Sodium: 69.86mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin K: 473.69µg (451.14%), Vitamin C: 42.87mg (51.97%), Vitamin A: 2261.23IU (45.22%), Folate: 145.17µg (36.29%), Fiber: 5.91g (23.65%), Iron: 3.53mg (19.63%), Potassium: 679.78mg (19.42%), Manganese: 0.38mg (18.77%), Calcium: 170.64mg (17.06%), Vitamin E: 2.26mg (15.04%), Copper: 0.24mg (11.98%), Magnesium: 47.32mg (11.83%), Vitamin B2: 0.2mg (11.76%), Phosphorus: 102.76mg (10.28%), Vitamin B3: 2mg (10.02%), Vitamin B1: 0.13mg (8.42%), Vitamin B6: 0.15mg (7.68%), Zinc: 0.96mg (6.43%), Selenium: 1.47µg (2.1%), Vitamin B5: 0.17mg (1.75%)