



Spring Onion Soup with Garlic Croutons

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup unseasoned bread cubes french (crusts removed)
- ☐ 1 teaspoon garlic powder
- ☐ 3 tablespoons butter
- ☐ 0.5 cup onion white finely chopped
- ☐ 4 cups water
- ☐ 2 tablespoons chicken stock cube (from 8-oz jar)
- ☐ 1 cup spring onion sliced
- ☐ 0.5 teaspoon pepper

☐

4 tablespoons parmesan shredded

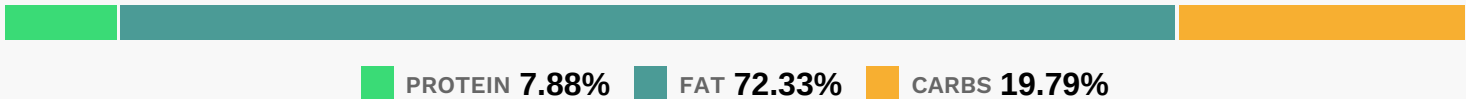
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In 15x10x1-inch pan or cookie sheet with sides, melt 3 tablespoons butter in oven.
- ☐ Add bread cubes and garlic powder to butter; toss well to combine.
- ☐ Bake about 10 minutes, stirring occasionally, until bread cubes are crisp and brown.
- ☐ Meanwhile, in 2-quart saucepan, melt 3 tablespoons butter over medium heat.
- ☐ Add white onion; cook over medium heat 5 to 7 minutes, stirring occasionally, until onion is translucent. Stir in water, soup base, green onions and pepper.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 10 minutes. Stir before serving.
- ☐ Top each serving with 1/4 cup croutons and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:4.46, Inflammation Score:-7, Nutrition Score:8.2700000191512%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 234.74kcal (11.74%), Fat: 19.26g (29.63%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 10.18g (3.7%), Sugar: 2.73g (3.03%), Cholesterol: 3.72mg (1.24%), Sodium: 958.35mg (41.67%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin K: 53.01µg (50.49%), Vitamin A: 1041.57IU (20.83%), Manganese: 0.28mg (13.83%), Calcium: 119.07mg (11.91%), Selenium: 6.3µg (9%), Folate: 33.46µg (8.36%), Phosphorus: 80.29mg (8.03%), Vitamin C: 6.29mg (7.62%), Fiber: 1.68g (6.72%), Vitamin B1: 0.09mg (6.04%), Iron: 1.05mg (5.83%), Vitamin B2: 0.1mg (5.72%), Vitamin E: 0.85mg (5.66%), Vitamin B3: 1.03mg (5.13%), Magnesium: 20.34mg (5.09%), Copper: 0.1mg (4.8%), Potassium: 151.35mg (4.32%), Vitamin B6: 0.08mg (3.84%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.09µg (1.48%)