

Toasted Garlic Soup (Sopa de Ajo)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sopa-de-ajo-recipe>

Ingredients:

- 2 tablespoons butter
- 10 cloves garlic finely minced
- 1 tablespoon flour
- 6 cups chicken stock
- 1/2 cup dry white wine
- 4 eggs beaten
- 2 tablespoons parsley finely minced
- pepper
- salt
- 6 slices crusty bread slightly stale
- 1 cup chive crumbled, and-onion Gloucester cheese

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 104 grams
3. Cholesterol: 240 milligrams
4. Fat: 17 grams
5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 6 grams
8. Sodium: 1780 milligrams
9. Sugar: 14 grams

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