

cream of celery soup nutrition

cream of celery soup nutrition provides a detailed insight into the nutritional profile of this classic, creamy dish. Often enjoyed as a comforting appetizer or a light meal, cream of celery soup combines the subtle flavor of celery with rich dairy or non-dairy bases to create a smooth texture and satisfying taste. Understanding the nutrition content of cream of celery soup is essential for individuals seeking to manage their dietary intake, whether for weight control, nutrient balance, or specific health goals. This article explores the calories, macronutrients, vitamins, minerals, and potential health benefits associated with cream of celery soup. Additionally, it compares homemade versus store-bought versions and offers guidance on making healthier choices. The comprehensive breakdown will assist readers in making informed decisions about including cream of celery soup in their diet.

- Caloric Content and Macronutrients
- Vitamins and Minerals in Cream of Celery Soup
- Health Benefits of Cream of Celery Soup
- Comparing Homemade and Store-Bought Versions
- Tips for Healthier Cream of Celery Soup

Caloric Content and Macronutrients

The caloric content and macronutrient composition of cream of celery soup vary depending on the recipe and ingredients used. Typically, the soup is made from celery, cream or milk, butter, flour, and broth, resulting in a creamy texture and rich flavor. The primary macronutrients to consider include carbohydrates, proteins, and fats, each contributing differently to the total caloric value.

Calories per Serving

A standard serving of cream of celery soup, approximately one cup (240 ml), generally contains between 100 to 200 calories. The variation depends largely on whether whole cream or milk is used and the amount of butter or oil included. Low-fat or broth-based versions tend to have fewer calories.

Carbohydrates

Carbohydrates in cream of celery soup come mainly from celery and any added thickening agents such as flour or starch. A typical serving provides around 10 to 15 grams of carbohydrates. These carbohydrates include dietary fiber, which supports digestive health, and natural sugars from vegetables.

Proteins

The protein content in cream of celery soup is moderate, usually ranging from 2 to 5 grams per serving. Protein sources include milk or cream and any broth used. While not a high-protein food, it contributes to daily protein intake and supports muscle maintenance and repair.

Fats

Fats are a significant component of cream of celery soup nutrition, especially when cream or butter is used. A typical serving may contain 7 to 15 grams of fat, including saturated fat. Opting for low-fat dairy or plant-based alternatives can reduce fat content and calories.

- Calories: 100-200 per cup
- Carbohydrates: 10-15 grams
- Protein: 2-5 grams
- Fat: 7-15 grams

Vitamins and Minerals in Cream of Celery Soup

Cream of celery soup offers various essential vitamins and minerals, primarily derived from celery and dairy components. These micronutrients contribute to overall health and support bodily functions such as immune response, bone health, and metabolism.

Key Vitamins

Celery is a rich source of vitamin K, which plays a crucial role in blood clotting and bone health. Additionally, the soup contains modest amounts of vitamin A, vitamin C, and some B vitamins like folate. Dairy ingredients contribute vitamin D and riboflavin, enhancing the nutritional value.

Important Minerals

The mineral content of cream of celery soup includes potassium, calcium, and magnesium. Potassium helps regulate fluid balance and muscle contractions, while calcium supports bone density. Sodium levels can vary widely depending on added salt and broth type, which is an important consideration for those monitoring sodium intake.

Typical Micronutrient Values per Serving

- Vitamin K: 20-30% of the Daily Value (DV)
- Vitamin A: 5-10% DV
- Vitamin C: 4-8% DV
- Calcium: 10-15% DV
- Potassium: 6-10% DV
- Sodium: 400-600 mg (varies)

Health Benefits of Cream of Celery Soup

Incorporating cream of celery soup into a balanced diet can offer several health advantages. The soup's nutrient content supports various bodily functions and may contribute to overall wellness when consumed in moderation.

Supports Bone Health

The vitamin K and calcium present in cream of celery soup play vital roles in maintaining strong bones and preventing osteoporosis. Regular consumption of these nutrients supports bone mineralization and structural integrity.

Boosts Immune Function

Vitamin C and other antioxidants found in celery help strengthen the immune system by neutralizing free radicals and reducing inflammation. These properties may aid the body in resisting infections.

Aids Digestion

Celery's dietary fiber promotes healthy digestion by supporting regular bowel movements and feeding beneficial gut bacteria. This can enhance nutrient absorption and overall gastrointestinal health.

Hydration and Electrolyte Balance

The potassium content in cream of celery soup assists in maintaining electrolyte balance and proper hydration, which are essential for cardiovascular and muscular function.

Comparing Homemade and Store-Bought Versions

The nutritional profile of cream of celery soup can differ significantly between homemade recipes and commercially prepared products. Understanding these differences helps consumers make more informed choices based on their dietary needs.

Homemade Cream of Celery Soup

Homemade soup allows control over ingredients, enabling the use of fresh celery, low-fat dairy, and minimal salt. This often results in a lower sodium content and less added preservatives. Homemade versions can be tailored to reduce calories and unhealthy fats while maximizing nutritional benefits.

Store-Bought Cream of Celery Soup

Commercially available cream of celery soups tend to contain higher sodium levels, stabilizers, and sometimes added sugars or unhealthy fats. While convenient, these products may offer less nutritional value and can contribute to excessive sodium intake if consumed frequently.

- Homemade: customizable, fresher ingredients, lower sodium
- Store-bought: convenient, higher sodium and preservatives

Tips for Healthier Cream of Celery Soup

Adopting certain preparation and ingredient choices can enhance the nutrition profile of cream of celery soup, making it a healthier option for regular consumption.

Use Low-Fat or Plant-Based Dairy Alternatives

Substituting heavy cream with low-fat milk, unsweetened almond milk, or other plant-based alternatives reduces saturated fat and calorie content without compromising texture.

Reduce Sodium

Limiting added salt and selecting low-sodium broth varieties help maintain heart health and prevent elevated blood pressure associated with high sodium diets.

Incorporate Additional Vegetables

Adding vegetables such as onions, carrots, or leeks increases fiber, vitamins, and minerals, boosting

the soup's overall nutrient density.

Choose Whole-Grain Thickeners

Replacing white flour with whole-grain alternatives or using natural thickeners like pureed vegetables can improve fiber content and reduce refined carbohydrate intake.

- Opt for low-fat or plant-based dairy
- Use low-sodium broth and limit added salt
- Add more vegetables for extra nutrients
- Use whole-grain or vegetable-based thickeners

Frequently Asked Questions

What are the main nutritional benefits of cream of celery soup?

Cream of celery soup provides essential nutrients such as vitamin K, vitamin C, and dietary fiber from celery, along with protein and calcium from dairy or cream ingredients. It can be a good source of hydration and antioxidants as well.

Is cream of celery soup high in calories?

The calorie content of cream of celery soup varies depending on the recipe, but it is generally moderate in calories. Cream-based versions tend to be higher in calories due to the added cream or milk, while broth-based versions are lower in calories.

Does cream of celery soup contain a lot of sodium?

Many store-bought or canned cream of celery soups can be high in sodium to enhance flavor and preservation. It's advisable to check nutrition labels and opt for low-sodium versions or homemade recipes to control salt intake.

Is cream of celery soup suitable for a low-carb diet?

Cream of celery soup can be suitable for a low-carb diet if it is made without flour or starch thickeners. Using heavy cream or full-fat milk can keep carbohydrate content low, while celery itself is low in carbs.

Can cream of celery soup be a good source of protein?

Cream of celery soup contains some protein primarily from dairy ingredients such as milk or cream. However, it is not typically a high-protein food unless additional protein sources like chicken broth or added protein powders are included.

Additional Resources

1. *The Nutritional Benefits of Cream of Celery Soup*

This book explores the health advantages of cream of celery soup, focusing on its vitamins, minerals, and antioxidants. It delves into how celery contributes to hydration, digestion, and inflammation reduction. Readers will find detailed nutritional breakdowns and tips for preparing a healthier version of this classic soup.

2. *Celery and Cream: A Culinary and Nutritional Guide*

Combining culinary arts with nutrition science, this guide highlights the role of celery in cream-based soups. It covers the calorie content, macronutrient profiles, and how to balance flavor with health benefits. Recipes and nutritional tips help readers enjoy cream of celery soup without compromising wellness.

3. *Healthy Soups: Cream of Celery Edition*

Focusing on healthy soup recipes, this book includes a special section on cream of celery soup. It provides low-fat and low-sodium variations to enhance the soup's nutritional value. The author also discusses how cream of celery soup fits into various diet plans.

4. *Understanding the Nutritional Impact of Cream Soups*

This book provides a comprehensive analysis of cream soups, with cream of celery soup as a key example. It examines the effects of cream and celery on blood sugar, cholesterol, and weight management. Nutritional comparisons with other types of soups are also featured.

5. *Celery Soup for Wellness: Nutrition and Recipes*

Offering both nutrition facts and practical recipes, this book emphasizes the wellness benefits of celery-based soups. It outlines how cream of celery soup can support immune health and provide essential nutrients. The book includes tips for making the soup suitable for various dietary restrictions.

6. *From Garden to Table: The Nutrition of Celery Soups*

Highlighting fresh ingredients, this book traces the journey of celery from garden to cream of celery soup. It discusses how fresh celery's nutrients are preserved or altered during cooking. Readers gain insights into maximizing the nutritional benefits of their homemade soups.

7. *The Science Behind Cream of Celery Soup Nutrition*

Delving into the scientific aspects, this title explains the biochemical composition of cream of celery soup. It covers nutrient interactions, the role of dairy or non-dairy cream alternatives, and their health implications. This book is ideal for nutrition students and health-conscious cooks.

8. *Low-Calorie Cream of Celery Soup Recipes*

This cookbook offers a variety of low-calorie cream of celery soup recipes designed for weight loss and healthy eating. It focuses on ingredient substitutions to reduce fat and calories without sacrificing flavor. Nutritional information accompanies each recipe for easy tracking.

9. *Vegetarian and Vegan Cream of Celery Soup Nutrition*

Tailored for plant-based diets, this book explores vegetarian and vegan approaches to cream of celery soup. It discusses alternative cream sources such as coconut milk and cashew cream and their nutritional profiles. The book also includes recipes that maintain taste while enhancing nutritional value.

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