



## Artichoke Vichyssoise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

### Ingredients



12 ounces baking potato cubed peeled



3 tablespoons chives fresh coarsely chopped



9 ounce artichoke hearts frozen



8 large green onions trimmed thinly sliced



1.5 cups half-and-half divided



12 ounce marinated artichoke hearts drained



1.5 cups milk



0.3 teaspoon pepper freshly ground

- ☐ 0.8 teaspoon salt
- ☐ 2 cups vegetable broth

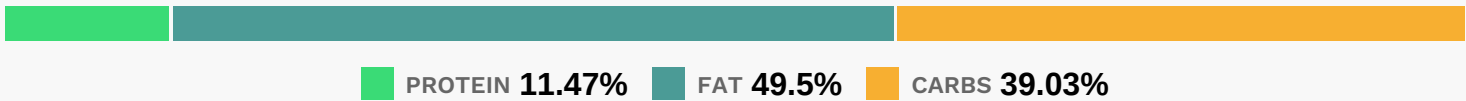
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

## Directions

- ☐ Bring first 4 ingredients to a boil in a large nonreactive saucepan over high heat. Reduce heat, cover, and simmer 40 to 45 minutes or until tender.
- ☐ Puree until smooth in 2 batches in a food processor, adding 1/4 cup half-and-half and half the marinated artichoke hearts to each batch.
- ☐ Transfer each batch to a large nonreactive pitcher.
- ☐ Stir in remaining 1 cup half-and-half, milk, salt, and pepper. For extra tartness, if desired, stir in 1 to 2 tablespoons reserved artichoke liquid. Cover and chill at least 2 hours before serving.
- ☐ Whisk well, ladle into chilled soup bowls, and sprinkle with chopped chives.

## Nutrition Facts



## Properties

Glycemic Index:46.13, Glycemic Load:10.12, Inflammation Score:-8, Nutrition Score:15.163043353869%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

## Nutrients (% of daily need)

Calories: 254.42kcal (12.72%), Fat: 14.32g (22.03%), Saturated Fat: 6.03g (37.66%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 20.94g (7.62%), Sugar: 7.82g (8.69%), Cholesterol: 28.5mg (9.5%), Sodium: 907.78mg (39.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin K: 74.32µg (70.78%), Vitamin C: 25.08mg (30.39%), Vitamin A: 1510.97IU (30.22%), Folate: 86.26µg (21.56%), Calcium: 192.48mg (19.25%), Phosphorus: 188.27mg (18.83%), Vitamin B2: 0.31mg (18.14%), Fiber: 4.45g (17.82%), Potassium: 610.86mg (17.45%), Vitamin B6: 0.32mg (16.03%), Manganese: 0.27mg (13.29%), Magnesium: 45.34mg (11.33%), Vitamin B1: 0.14mg (9.54%), Iron: 1.67mg (9.26%), Vitamin B12: 0.44µg (7.41%), Vitamin B5: 0.68mg (6.84%), Vitamin B3: 1.27mg (6.34%), Zinc: 0.93mg (6.18%), Copper: 0.12mg (5.94%), Selenium: 3.63µg (5.18%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.37mg (2.5%)