



Chestnut Fennel Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 2 tablespoons wine dry white
- ☐ 0.5 fennel bulb coarsely chopped (sometimes called anise)
- ☐ 0.3 cup half and half
- ☐ 2 leek white green chopped (and pale parts only)
- ☐ 2 cups roasted fresh shelled (1 lb in shell)
- ☐ 1 shallots chopped
- ☐ 6 tablespoons butter unsalted

☐ 2.5 cups water

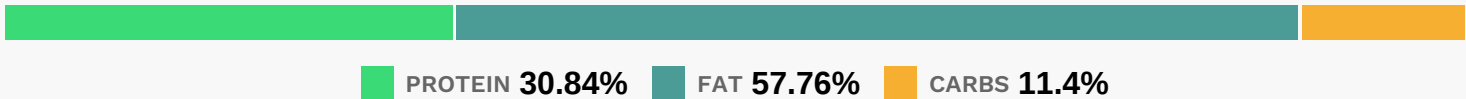
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Coarsely chop chestnuts, reserving 1/3 cup for garnish.
- ☐ Cook shallot and leeks in 2 tablespoons butter in a 5-quart heavy pot over moderate heat, stirring, until softened.
- ☐ Add wine and simmer until almost all liquid is evaporated, about 1 minute. Stir in fennel, broth, chestnuts (excluding garnish), and water, then simmer, covered, 20 minutes. Stir in half-and-half and cool mixture slightly.
- ☐ Purée mixture in batches in a blender until smooth, transferring to a bowl (use caution when blending hot liquids). Return soup to pot and bring to a simmer, thinning with water if desired. Season with salt and pepper.
- ☐ While soup is reheating, heat remaining 4 tablespoons butter in a 10-inch heavy skillet over moderately high heat until foam subsides, then sauté reserved chestnuts with salt and pepper to taste, stirring constantly, until crisp and butter is browned, about 4 minutes.
- ☐ Serve soup topped with chestnuts and drizzled with browned butter.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:13.134782542353%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg,

Eriodictyol: 0.21mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 251.28kcal (12.56%), Fat: 15.93g (24.51%), Saturated Fat: 8.92g (55.75%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.81g (2.11%), Sugar: 2.89g (3.21%), Cholesterol: 84.1mg (28.03%), Sodium: 213.39mg (9.28%), Alcohol: 0.51g (100%), Alcohol %: 0.22% (100%), Protein: 19.14g (38.27%), Vitamin B6: 0.7mg (34.8%), Selenium: 22.95µg (32.79%), Vitamin K: 27.35µg (26.05%), Vitamin B1: 0.38mg (25.59%), Vitamin B3: 4.89mg (24.45%), Phosphorus: 215.48mg (21.55%), Vitamin A: 907.18IU (18.14%), Potassium: 470.26mg (13.44%), Vitamin B2: 0.21mg (12.45%), Manganese: 0.22mg (11.11%), Zinc: 1.61mg (10.71%), Magnesium: 36.17mg (9.04%), Vitamin C: 6.32mg (7.67%), Vitamin B12: 0.45µg (7.55%), Vitamin B5: 0.74mg (7.37%), Iron: 1.29mg (7.17%), Folate: 26.44µg (6.61%), Copper: 0.12mg (6.14%), Vitamin E: 0.86mg (5.71%), Calcium: 51.67mg (5.17%), Fiber: 1.27g (5.09%), Vitamin D: 0.53µg (3.5%)