



Chilled Beet & Fennel Soup with Norwegian Snøfrisk Cheese

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



279 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 oz beets sliced canned
- ☐ 4.4 oz snøfrisk cheese
- ☐ 3 cup chicken broth
- ☐ 1 ounce fennel bulb chopped
- ☐ 1 tablespoon fennel seeds
- ☐ 2 tablespoon olive oil
- ☐ 1 ounce onion peeled chopped

- ☐ 2 teaspoon red wine vinegar
- ☐ 1 ounce salt & pepper white as needed

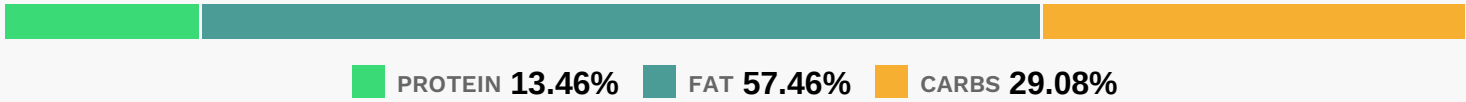
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ Warm the oil in a large saucepan set over medium heat.
- ☐ Add the onion, fennel and fennel seeds.
- ☐ Saute about 5 minutes until the vegetables soften, but are not yet brown.
- ☐ Add the chicken broth and bring to a boil. Lower the heat and cover the pan. Cook about 15 minutes until the vegetables are very tender.
- ☐ Remove from heat.
- ☐ Add the Snøwfrisk cheese, stirring until the cheese melts into the broth.
- ☐ Add the sliced beets and all the liquid in the can.
- ☐ Add the vinegar and a big pinch of salt and pepper. Using an immersion blender puree the soup until completely smooth. Taste and adjust seasoning. Cover and allow the soup to come to room temperature. Then refrigerate until well chilled.
- ☐ Serve cold, garnished with the reserved fennel fronds.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:9.2673914121545%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 279.47kcal (13.97%), Fat: 18.3g (28.16%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 19.05g (6.93%), Sugar: 13.13g (14.59%), Cholesterol: 34.71mg (11.57%), Sodium: 3768.79mg (163.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Calcium: 264.18mg (26.42%), Manganese: 0.45mg (22.35%), Phosphorus: 181.05mg (18.11%), Vitamin B2: 0.3mg (17.77%), Selenium: 10.69µg (15.26%), Zinc: 1.63mg (10.89%), Folate: 38.51µg (9.63%), Vitamin E: 1.42mg (9.46%), Vitamin K: 9.76µg (9.3%), Copper: 0.19mg (9.29%), Magnesium: 33.99mg (8.5%), Vitamin A: 379.75IU (7.59%), Fiber: 1.79g (7.15%), Potassium: 244.71mg (6.99%), Vitamin B12: 0.37µg (6.1%), Iron: 1.03mg (5.71%), Vitamin C: 4.15mg (5.03%), Vitamin B6: 0.09mg (4.68%), Vitamin B1: 0.07mg (4.45%), Vitamin B3: 0.81mg (4.07%), Vitamin B5: 0.32mg (3.15%), Vitamin D: 0.19µg (1.25%)