



Chilled Fennel Soup

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



104 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 2 teaspoons chicken soup base (such as Better than Bouillon)
- 32 ounce less-sodium chicken broth fat-free
- 8 cups fennel bulb sliced (2 medium bulbs)
- 0.5 cup half-and-half
- 2 cups onion sweet sliced (1 large)
- 0.5 cup white wine sweet italian (such as Moscato)

Equipment

- food processor
- bowl
- ladle
- blender
- dutch oven

Directions

- Melt butter in a large Dutch oven over medium-high heat.
- Add sliced fennel and onion, and saut 9 minutes or until lightly browned.
- Add wine, chicken broth, and soup base, and bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes or until fennel is very tender.
- Remove from heat; cool 10 minutes.
- Place half of fennel mixture in a blender or food processor; process until very smooth.
- Pour pured soup into a large bowl; repeat procedure with remaining half of fennel mixture. Stir in half-and-half and pepper. Cover and refrigerate at least 3 hours or until thoroughly chilled. Ladle soup into individual bowls.
- Garnish with fennel fronds, if desired.

Nutrition Facts



PROTEIN 12.11% FAT 37.97% CARBS 49.92%

Properties

Glycemic Index:20.29, Glycemic Load:1.96, Inflammation Score:-5, Nutrition Score:9.572173833847%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin:

0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 103.56kcal (5.18%), Fat: 4.15g (6.38%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 8.75g (3.18%), Sugar: 7.38g (8.2%), Cholesterol: 10.42mg (3.47%), Sodium: 746.13mg (32.44%), Alcohol: 1.77g (100%), Alcohol %: 0.72% (100%), Protein: 2.98g (5.96%), Vitamin K: 63.25µg (60.23%), Vitamin C: 14.29mg (17.32%), Potassium: 544.05mg (15.54%), Fiber: 3.53g (14.12%), Manganese: 0.28mg (13.91%), Folate: 39.61µg (9.9%), Phosphorus: 97.47mg (9.75%), Calcium: 85.27mg (8.53%), Vitamin B3: 1.47mg (7.37%), Vitamin B6: 0.14mg (7.13%), Magnesium: 26.36mg (6.59%), Selenium: 4.53µg (6.48%), Vitamin B2: 0.11mg (6.33%), Iron: 1.1mg (6.12%), Copper: 0.12mg (6%), Vitamin B5: 0.5mg (4.96%), Vitamin B12: 0.3µg (4.95%), Vitamin A: 245.66IU (4.91%), Vitamin E: 0.68mg (4.53%), Vitamin B1: 0.04mg (2.98%), Zinc: 0.38mg (2.51%)