



Chilled Pesto-Pea Soup

 Vegetarian  Gluten Free

READY IN



170 min.

SERVINGS



8

CALORIES



192 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 leek white thinly sliced cut in half lengthwise and (1 cup)
- ☐ 6 cups chicken broth low-sodium
- ☐ 3 cups peas green frozen thawed
- ☐ 0.3 cup basil pesto
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup yukon gold potatoes diced peeled (6 oz. total)

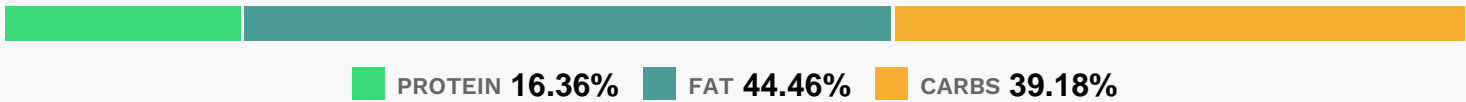
Equipment

- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Melt butter in a large pot over medium-high heat.
- ☐ Add leeks and cook, stirring often, until softened but not browned, about 3 minutes.
- ☐ Add potatoes and broth. Increase heat slightly and bring to a boil. Reduce heat to medium-low and simmer until potatoes are tender, 10 to 15 minutes. Stir in peas; add 1 tsp. salt and 1/4 tsp. pepper. Return to a simmer and cook until peas and potatoes are very soft, about 10 minutes longer.
- ☐ Remove from heat and let cool.
- ☐ Working in batches, carefully pure soup in a blender until very smooth. Strain through a coarse sieve, pressing hard on solids to extract as much liquid as possible. Discard solids. Cover and refrigerate until completely chilled, at least 2 hours. (Soup can be prepared to this point up to 1 day ahead. Keep covered and chilled.)
- ☐ Whisk sour cream and pesto into chilled soup. (If soup is too thick, add milk or water a tablespoonful at a time to thin.) Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:6.76, Inflammation Score:-7, Nutrition Score:11.836956525626%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 192.26kcal (9.61%), Fat: 9.87g (15.18%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 15.29g (5.56%), Sugar: 5.15g (5.72%), Cholesterol: 16.63mg (5.54%), Sodium: 333.14mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.34%), Vitamin C: 30.38mg (36.82%), Vitamin K: 24.97µg (23.78%), Vitamin A: 1120.73IU (22.41%), Vitamin B3: 3.98mg (19.88%), Manganese: 0.38mg (18.87%), Fiber: 4.27g (17.1%), Phosphorus: 148.23mg (14.82%), Folate: 55.28µg (13.82%), Potassium: 468.3mg (13.38%), Vitamin B6: 0.25mg (12.73%), Copper: 0.25mg (12.4%), Vitamin B1: 0.18mg (12.31%), Iron: 1.93mg (10.7%), Vitamin B2: 0.17mg (9.79%), Magnesium: 34.26mg (8.56%), Zinc: 1.01mg (6.77%), Calcium: 65.31mg (6.53%), Vitamin B12: 0.21µg (3.55%), Vitamin E: 0.41mg (2.76%), Selenium: 1.86µg (2.65%), Vitamin B5: 0.23mg (2.27%)