



Chilled Watercress Soup with Onion Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup crème fraîche
- ☐ 2 green onions dark thinly sliced for garnish
- ☐ 1 cup half and half
- ☐ 1 large leek white green thinly sliced (and pale parts only)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 3 tablespoons olive oil
- ☐ 2 medium onions thinly sliced

- ☐ 4 cups vegetable broth
- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 1 large bunch)

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oil in heavy large saucepan over medium heat.
- ☐ Add onions and sauté until soft, stirring often, about 10 minutes.
- ☐ Add leek and sauté 5 minutes.
- ☐ Add vegetable broth and bring to boil. Reduce heat to low, cover, and simmer 10 minutes. Allow broth to cool uncovered 15 minutes.
- ☐ Place 3 cups watercress in blender.
- ☐ Pour half of warm broth mixture over watercress and blend until smooth.
- ☐ Add half and half and blend until combined.
- ☐ Transfer soup to bowl. Puree remaining broth mixture in blender until smooth; stir into soup in bowl. If more watercress flavor is desired, puree 1/2 cup watercress with 2 cups soup in same blender. Repeat with more watercress, if desired. Season soup to taste with salt and pepper. Cover and chill until cold, at least 4 hours. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Whisk crème fraîche, white and pale green parts of green onions, and all remaining ingredients in small bowl. (Can be made 1 day ahead. Cover and chill.)
- ☐ Divide soup among 6 shallow bowls.
- ☐ Drizzle with green onion cream; sprinkle with sliced dark green onion tops.

Nutrition Facts



 PROTEIN **5.14%**  FAT **70.9%**  CARBS **23.96%**

Properties

Glycemic Index:28, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:5.2978260698526%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 167.59kcal (8.38%), Fat: 13.59g (20.91%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.26g (3.37%), Sugar: 5.67g (6.3%), Cholesterol: 19.77mg (6.59%), Sodium: 662.84mg (28.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin K: 20.7µg (19.71%), Vitamin A: 830.07IU (16.6%), Vitamin C: 7.63mg (9.24%), Vitamin E: 1.32mg (8.79%), Calcium: 74.48mg (7.45%), Vitamin B2: 0.11mg (6.67%), Manganese: 0.13mg (6.36%), Phosphorus: 63.44mg (6.34%), Vitamin B6: 0.11mg (5.38%), Folate: 21.43µg (5.36%), Potassium: 162.75mg (4.65%), Fiber: 1.07g (4.29%), Magnesium: 13.93mg (3.48%), Iron: 0.53mg (2.97%), Vitamin B1: 0.04mg (2.89%), Selenium: 2.01µg (2.87%), Vitamin B5: 0.22mg (2.24%), Copper: 0.04mg (2.12%), Zinc: 0.29mg (1.92%), Vitamin B12: 0.1µg (1.61%)