



Classic Vichyssoise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 1 tablespoon butter
- 5 cups chicken broth
- 0.5 teaspoon marjoram dried
- 0.3 teaspoon thyme dried
- 0.3 cup cup heavy whipping cream
- 3 leek sliced into rings
- 1 onion sliced

- 5 potatoes peeled thinly sliced
- 4 servings salt and pepper to taste

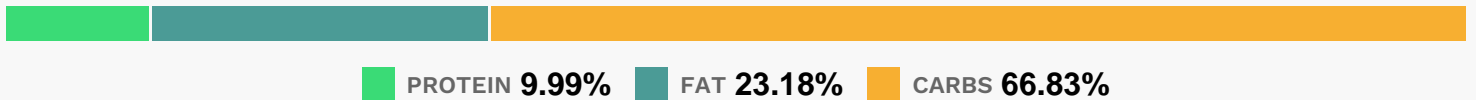
Equipment

- food processor
- pot
- blender

Directions

- In a large stock pot melt butter over low heat.
- Add leeks and onion, cover, and cook for 10 minutes.
- Add potatoes and season with salt and pepper.
- Add thyme, marjoram, bay leaf and stir well. Cover pot and continue to cook for 12 minutes.
- Add chicken stock and bring to a boil, reduce heat and cook, partially covered for 30 minutes.
- Puree soup in blender or food processor and cool.
- Prior to serving add cream. If you are serving this soup warm you need to reheat the soup slowly so that the cream does not change consistency.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:37.27, Inflammation Score:-9, Nutrition Score:22.329130271207%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg

Nutrients (% of daily need)

Calories: 350.31kcal (17.52%), Fat: 9.3g (14.31%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 60.34g (20.11%), Net Carbohydrates: 52.78g (19.19%), Sugar: 7.55g (8.39%), Cholesterol: 30.21mg (10.07%), Sodium: 1340.6mg

(58.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.05%), Vitamin C: 62.63mg (75.92%), Vitamin B6: 0.98mg (49.01%), Manganese: 0.91mg (45.37%), Potassium: 1349.93mg (38.57%), Vitamin K: 38.41µg (36.58%), Fiber: 7.56g (30.24%), Vitamin A: 1435.53IU (28.71%), Folate: 91.5µg (22.87%), Vitamin B1: 0.33mg (22.06%), Magnesium: 86.94mg (21.74%), Iron: 3.86mg (21.43%), Copper: 0.43mg (21.25%), Phosphorus: 204.51mg (20.45%), Vitamin B3: 3.76mg (18.82%), Vitamin B2: 0.32mg (18.56%), Calcium: 101.82mg (10.18%), Vitamin B5: 0.98mg (9.84%), Zinc: 1.15mg (7.66%), Vitamin E: 0.99mg (6.58%), Selenium: 3.26µg (4.66%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.09µg (1.48%)