



Classic Vichyssoise

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound bacon sliced chopped
- ☐ 3 tablespoons cooking sherry dry
- ☐ 2.8 cups fat-skimmed chicken broth
- ☐ 3 tablespoons chives fresh minced
- ☐ 4 servings salt and fresh-ground pepper
- ☐ 1 cup half-and-half light (cream)
- ☐ 0.5 cup onion chopped
- ☐ 1 pound thin-skinned potatoes

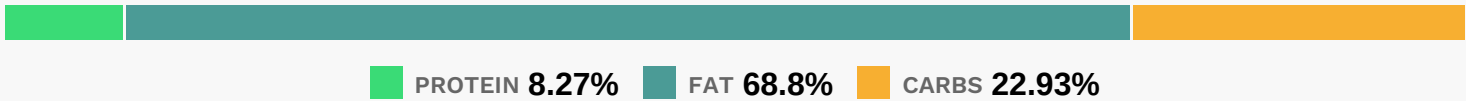
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Rinse and peel potatoes; cut into 1/2-inch chunks.
- ☐ In a 2- to 3-quart pan over high heat, combine potatoes, onion, 2 3/4 cups broth, and sherry. Bring to a boil, reduce heat, cover, and simmer until the potatoes mash easily, about 20 minutes.
- ☐ In a blender or food processor, whirl potato mixture until smooth. Return to pan and add half-and-half. Quick-chill soup (nest soup-filled pan in ice water and stir often until soup is cool, 15 to 20 minutes), or cover and refrigerate until cold, at least 1 hour or up to 1 day. Stir in more broth if a thinner consistency is desired.
- ☐ Meanwhile, in an 8- to 10-inch frying pan over high heat, stir bacon frequently until crisp, 4 to 5 minutes. With a slotted spoon, transfer bacon to towels to drain. Discard pan drippings.
- ☐ Ladle soup into wide bowls.
- ☐ Sprinkle equally with bacon and chives.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:10.615652229475%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 396.21kcal (19.81%), Fat: 30.18g (46.43%), Saturated Fat: 15.37g (96.09%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 20.31g (7.39%), Sugar: 2.76g (3.07%), Cholesterol: 85.03mg (28.34%), Sodium: 1061.92mg (46.17%), Alcohol: 1.16g (100%), Alcohol %: 0.38% (100%), Protein: 8.16g (16.32%), Potassium: 720.76mg (20.59%), Phosphorus: 172.74mg (17.27%), Vitamin B6: 0.34mg (16.97%), Vitamin B3: 3.39mg (16.94%), Vitamin C: 12.9mg (15.63%), Selenium: 10.13µg (14.47%), Vitamin A: 722.04IU (14.44%), Vitamin B1: 0.21mg (13.79%), Manganese: 0.23mg (11.43%), Copper: 0.21mg (10.48%), Vitamin B2: 0.18mg (10.31%), Vitamin B12: 0.57µg (9.56%), Magnesium: 38.17mg (9.54%), Vitamin K: 9.82µg (9.35%), Fiber: 2.32g (9.3%), Vitamin B5: 0.85mg (8.53%), Folate: 30.64µg (7.66%), Iron: 1.29mg (7.17%), Calcium: 68.03mg (6.8%), Zinc: 0.95mg (6.33%), Vitamin E: 0.67mg (4.45%), Vitamin D: 0.47µg (3.15%)