



Cream of Watercress Soup with Pan-Seared Scallops

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tablespoons butter ()
- ☐ 6 medium leek white green chopped (and pale parts only)
- ☐ 49 ounce chicken broth canned
- ☐ 2 baking potatoes peeled cut into 1-inch pieces (4 1/2 cups)
- ☐ 10 jumbo scallops
- ☐ 0.7 cup cream sour
- ☐ 3 cups watercress trimmed coarsely chopped

- ☐ 1 tablespoon vegetable oil
- ☐ 1 sprigs watercress (for garnish)
- ☐ 1 cup milk whole ()

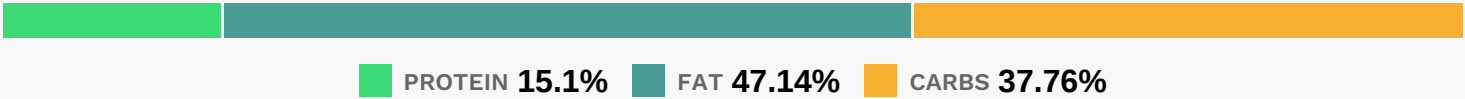
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ blender

Directions

- ☐ Melt 3 tablespoons butter in heavy large saucepan over medium-high heat.
- ☐ Add leeks and potatoes; sauté until leeks are tender, about 4 minutes.
- ☐ Add chicken broth. Bring to simmer. Reduce heat to medium-low. Cover; simmer until potatoes are tender, stirring occasionally, about 20 minutes.
- ☐ Remove from heat.
- ☐ Add chopped watercress. Cover; let stand until watercress wilts, about 5 minutes.
- ☐ Working in batches, puree soup in blender. Return soup to saucepan.
- ☐ Whisk in sour cream. Thin soup with milk to desired consistency. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate.) Stir soup over low heat just until heated through (do not boil).
- ☐ Melt remaining 1 tablespoon butter with oil in large skillet over medium-high heat.
- ☐ Add scallops to skillet and cook until golden brown and just cooked through, about 2 minutes per side.
- ☐ Sprinkle scallops with salt and pepper.
- ☐ Ladle soup into bowls.
- ☐ Place 1 scallop atop soup in each bowl.
- ☐ Garnish with watercress sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:8.63, Inflammation Score:-8, Nutrition Score:12.238695642223%

Flavonoids

Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 197.13kcal (9.86%), Fat: 10.77g (16.57%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 17.84g (6.49%), Sugar: 4.25g (4.72%), Cholesterol: 27.61mg (9.2%), Sodium: 167.6mg (7.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin K: 55.19µg (52.56%), Vitamin A: 1499.51IU (29.99%), Phosphorus: 177.81mg (17.78%), Manganese: 0.35mg (17.72%), Vitamin B6: 0.33mg (16.55%), Vitamin C: 13.47mg (16.32%), Potassium: 515.57mg (14.73%), Vitamin B3: 2.73mg (13.63%), Folate: 44.57µg (11.14%), Iron: 1.87mg (10.39%), Calcium: 102.88mg (10.29%), Copper: 0.19mg (9.67%), Magnesium: 36.21mg (9.05%), Vitamin B12: 0.52µg (8.73%), Vitamin B2: 0.15mg (8.7%), Vitamin B1: 0.09mg (6.3%), Fiber: 1.57g (6.27%), Vitamin E: 0.91mg (6.08%), Selenium: 3.81µg (5.44%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.42mg (4.16%), Vitamin D: 0.27µg (1.79%)