



Creamy Arugula and Lettuce Soup with Goat Cheese

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



167 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup cup heavy whipping cream
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 shallots thinly sliced
- 2 ounces spinach leaves
- 4 cups vegetable stock

- 0.8 pound yukon gold potatoes diced peeled
- 1 cup ounces green red assorted chopped (butter, leaf, leaf)
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Equipment

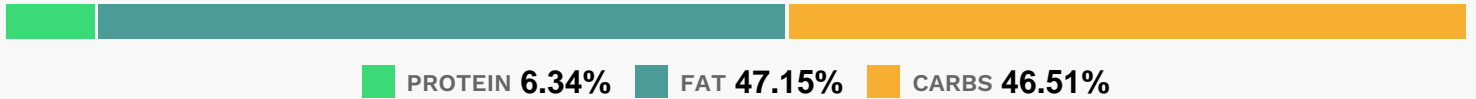
- food processor
- bowl
- pot
- blender
- kitchen towels
- slotted spoon

Directions

- Garnish: 2 1/2 ounces goat cheese, sliced
- In a medium pot warm the olive oil over medium heat.
- Add the shallots and cook until tender and starting to brown, about 4 minutes.
- Add the potatoes and the stock. Bring the stock to a simmer over high heat. Reduce the heat and continue to simmer, covered, until the potatoes are almost tender, about 20 minutes.
- Add the arugula and lettuce to the pot and continue simmering, uncovered until the greens are tender, another 2 to 3 minutes. Using a slotted spoon, transfer the potatoes and greens to a blender.
- Pour in enough of the stock to cover the vegetables.
- Add the cream, salt, and pepper.
- *Blend the ingredients together until smooth. Be careful to blend slowly at first with a kitchen towel held tight to the top of the blender lid. Blending hot ingredients can cause the lid to blow off.
- Pour the blended soup back into the pot with the remaining stock. Stir to combine. Cover and keep warm.
- Pour the soup into 4 serving bowls. Top each soup with 1/2-ounce sliced goat cheese.
- Serve immediately.

- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:12.58, Inflammation Score:-8, Nutrition Score:11.496956489656%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 167.14kcal (8.36%), Fat: 9.02g (13.87%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.57g (6.39%), Sugar: 3.65g (4.05%), Cholesterol: 16.81mg (5.6%), Sodium: 1542.56mg (67.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin K: 73.12µg (69.64%), Vitamin A: 2051.7IU (41.03%), Vitamin C: 21.33mg (25.85%), Manganese: 0.31mg (15.45%), Vitamin B6: 0.31mg (15.3%), Potassium: 475.63mg (13.59%), Folate: 43.87µg (10.97%), Fiber: 2.45g (9.78%), Magnesium: 33.56mg (8.39%), Phosphorus: 68.2mg (6.82%), Iron: 1.19mg (6.59%), Vitamin E: 0.94mg (6.28%), Copper: 0.12mg (6.06%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 1.02mg (5.12%), Vitamin B2: 0.08mg (4.92%), Calcium: 37.87mg (3.79%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.39mg (2.58%), Vitamin D: 0.24µg (1.59%), Selenium: 0.93µg (1.33%)