



Creamy Fennel and Greens Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces baby spinach
- ☐ 1 pound bunchs of kale mixed dark chopped
- ☐ 6 servings fennel bulb chopped
- ☐ 1 fennel bulb trimmed chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped

- ☐ 1 tablespoon butter unsalted
- ☐ 6 cups water

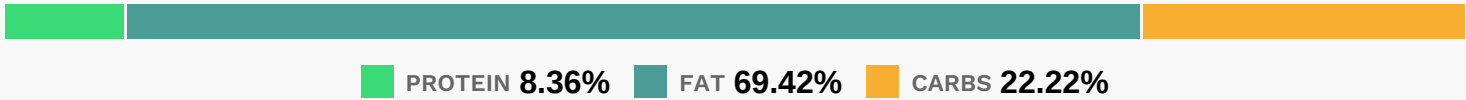
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil and butter in a 6-quart heavy pot over medium heat until foam subsides.
- ☐ Add fennel, onion, 3/4 teaspoon salt, and 1/8 teaspoon pepper and cook, stirring occasionally, until softened and lightly browned, 7 to 8 minutes.
- ☐ Add leafy greens (but not spinach) and water to pot and simmer, covered, until greens are tender, about 30 minutes. Stir in spinach and cook, uncovered, just until wilted, about 1 minute.
- ☐ Purée soup in batches in a blender (use caution when blending hot liquids) until smooth, then return to pot. Stir in cream and lemon juice and reheat over low heat. Season with salt.
- ☐ Soup can be made 2 days ahead and chilled (covered once cool). Reheat or serve cold.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:19.019999955011%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 141.21kcal (7.06%), Fat: 11.62g (17.87%), Saturated Fat: 6.15g (38.41%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 3.91g (1.42%), Sugar: 3.13g (3.48%), Cholesterol: 27.43mg (9.14%), Sodium: 217.1mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin K: 375.41µg (357.53%), Vitamin A: 6072.33IU (121.45%), Vitamin C: 32.08mg (38.89%), Potassium: 833.43mg (23.81%), Manganese: 0.47mg (23.62%), Magnesium: 72.3mg (18.08%), Fiber: 4.45g (17.8%), Vitamin E: 2.14mg (14.24%), Iron: 2.55mg (14.17%), Calcium: 141.01mg (14.1%), Vitamin B2: 0.24mg (14.03%), Copper: 0.23mg (11.42%), Folate: 44.05µg (11.01%), Phosphorus: 71.27mg (7.13%), Vitamin B6: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.47%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.51mg (3.41%), Vitamin B3: 0.66mg (3.28%), Selenium: 1.73µg (2.48%), Vitamin D: 0.35µg (2.35%)