



Creamy Fennel and Potato Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon tarragon dried
- ☐ 6 cups fennel bulbs fresh cored coarsely chopped (from 4 large)
- ☐ 1 teaspoon fennel seeds crushed finely
- ☐ 2 teaspoons juice of lemon fresh ()
- ☐ 4 cups low-salt chicken broth canned ()
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions chopped
- ☐ 1 cup whipping cream

☐ 8 ounces white-skinned potatoes diced peeled

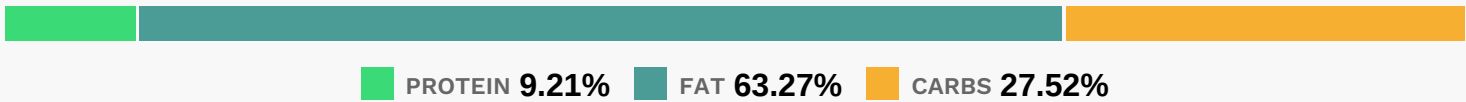
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add fennel bulbs, onions, and potatoes; sprinkle with salt and pepper. Sauté until slightly softened, about 8 minutes.
- ☐ Add 4 cups broth and 2 teaspoons lemon juice; bring to boil. Reduce heat, cover, and simmer until vegetables are very tender, about 30 minutes. Cool slightly.
- ☐ Meanwhile, bring cream, fennel seeds, and tarragon to boil in heavy small saucepan. Reduce heat and simmer 5 minutes.
- ☐ Remove from heat; cover and let stand 20 minutes so that flavors blend.
- ☐ Working in batches, puree soup in blender until smooth. Return soup to same pot. Stir in cream mixture. Simmer until flavors blend, thinning with more broth if desired, about 5 minutes. Season to taste with salt and pepper and more lemon juice, if desired. (Can be made 1 day ahead. Cool slightly. Chill until cold, then cover and keep chilled. Rewarm over medium heat, stirring occasionally.)
- ☐ Ladle soup into 8 bowls.
- ☐ Garnish with reserved fennel fronds and serve.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:5.48, Inflammation Score:-5, Nutrition Score:9.3221739271413%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 205.72kcal (10.29%), Fat: 15.19g (23.36%), Saturated Fat: 7.62g (47.62%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 11.63g (4.23%), Sugar: 5.01g (5.56%), Cholesterol: 33.62mg (11.21%), Sodium: 80.58mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin K: 44.68µg (42.56%), Vitamin C: 16.26mg (19.71%), Potassium: 570.6mg (16.3%), Fiber: 3.23g (12.92%), Vitamin B3: 2.42mg (12.08%), Manganese: 0.24mg (11.76%), Phosphorus: 111.32mg (11.13%), Vitamin A: 534.16IU (10.68%), Vitamin B6: 0.18mg (8.79%), Vitamin E: 1.17mg (7.78%), Vitamin B2: 0.13mg (7.78%), Copper: 0.15mg (7.6%), Folate: 29.33µg (7.33%), Calcium: 71.29mg (7.13%), Iron: 1.16mg (6.45%), Magnesium: 25.31mg (6.33%), Vitamin B5: 0.35mg (3.47%), Vitamin B1: 0.05mg (3.31%), Vitamin D: 0.48µg (3.17%), Zinc: 0.47mg (3.11%), Vitamin B12: 0.17µg (2.76%), Selenium: 1.58µg (2.26%)