



Creamy French Fry and Scallion Soup

 Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 baguette sliced in half lengthwise
- ☐ 6 cups fries frozen french shoestring-style thawed
- ☐ 4 cloves garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon
- ☐ 4 cups chicken broth low-sodium
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 rosemary sprigs fresh cut in half

- ☐ 1 bunch scallions dark light white green thinly sliced (, and parts kept separate)
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 tablespoons butter unsalted

Equipment

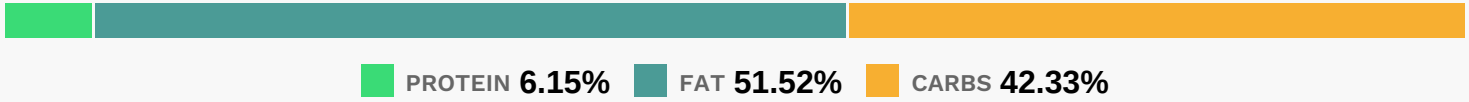
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ immersion blender

Directions

- ☐ Set the oven to broil with a rack set about 4 inches from the heat source.
- ☐ Peel the zest away from the lemon in long strips, avoiding the white pith.
- ☐ Place the lemon zest, rosemary sprigs and oil in a small saucepan over medium-low heat and heat until the oil just comes to a simmer, about 10 minutes. Turn off the heat and allow to sit at room temperature while you prepare the soup.
- ☐ Melt the butter over medium heat in a large saucepan.
- ☐ Add the white and light green parts of the scallions (about 1/2 cup) and the garlic. Cook until softened, stirring constantly, 3 to 5 minutes.
- ☐ Add the chicken broth, 2 cups water and the French fries, bring to a boil and then reduce to a simmer. Simmer uncovered until the potatoes soften and start to break apart in the broth, about 10 minutes.
- ☐ Meanwhile, strain the rosemary and lemon strips from the oil. Juice the lemon and whisk into the strained oil. Season with salt and pepper.
- ☐ Brush some of the oil onto the halved baguette, place on a baking sheet and broil until lightly golden brown, about 3 minutes.
- ☐ Once the potatoes are fully softened, use an immersion blender to puree the soup until completely smooth. Season with additional salt if needed.

- ☐
- To serve, ladle the soup into bowls. Top with a dollop of sour cream.
- ☐
- Drizzle with some of the remaining rosemary–lemon oil and garnish with the dark scallion greens.
- ☐
- Cut the baguette into smaller pieces and serve alongside the soup.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:46.47, Inflammation Score:-6, Nutrition Score:17.803478322599%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 795.01kcal (39.75%), Fat: 46.84g (72.06%), Saturated Fat: 15.35g (95.94%), Carbohydrates: 86.6g (28.87%), Net Carbohydrates: 74.79g (27.2%), Sugar: 2.18g (2.43%), Cholesterol: 17.57mg (5.86%), Sodium: 1341.22mg (58.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Fiber: 11.81g (47.23%), Vitamin B3: 8.47mg (42.37%), Potassium: 1243.05mg (35.52%), Manganese: 0.7mg (34.83%), Vitamin C: 26.01mg (31.53%), Phosphorus: 267.79mg (26.78%), Vitamin B6: 0.51mg (25.58%), Iron: 4.44mg (24.64%), Vitamin B1: 0.31mg (20.85%), Folate: 80.23µg (20.06%), Vitamin B5: 1.46mg (14.58%), Magnesium: 54.16mg (13.54%), Vitamin B2: 0.22mg (12.95%), Vitamin K: 11.79µg (11.23%), Copper: 0.2mg (10.12%), Selenium: 5.67µg (8.1%), Zinc: 1.2mg (8.02%), Calcium: 76.2mg (7.62%), Vitamin E: 0.79mg (5.25%), Vitamin A: 250.54IU (5.01%), Vitamin B12: 0.19µg (3.2%)