



Creamy Leek Soup

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



434 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 large carrots chopped
- ☐ 2 rib celery stalks chopped
- ☐ 0.5 cup wine dry white
- ☐ 1.5 cups parsley fresh
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup heavy whipping cream chilled
- ☐ 3 pound leek white green trimmed chopped

- ☐ 24 fluid ounces chicken broth reduced-sodium
- ☐ 1 medium onion chopped
- ☐ 6 ounces potato boiling
- ☐ 1 teaspoon salt
- ☐ 1 turkish bay leaf
- ☐ 0.5 cup butter unsalted
- ☐ 3 cups water

Equipment

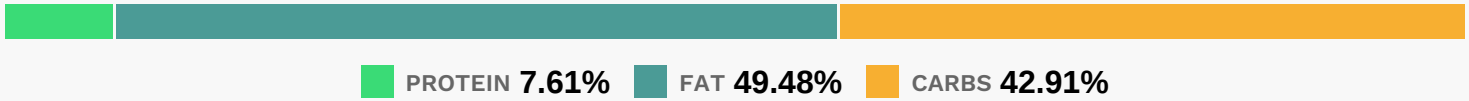
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ hand mixer
- ☐ colander

Directions

- ☐ Wash sliced leeks in a large bowl of cold water, agitating them, then lift out and drain well in a colander.
- ☐ Cook leeks, onion, carrot, celery, salt, and pepper in 4 tablespoons butter in a 5- to 6-quart heavy pot over moderate heat, stirring occasionally, until softened, about 8 minutes. Peel potato and cut into 1/2-inch cubes, then add to onion mixture along with wine, stock, water, and bay leaf. Bring to a boil, then reduce heat and simmer, partially covered, until vegetables are tender, about 15 minutes.
- ☐ Stir in parsley and simmer soup, uncovered, 5 minutes. Discard bay leaf and keep soup at a bare simmer.
- ☐ Melt remaining 4 tablespoons butter in a 1-quart heavy saucepan over moderate heat, then add flour and cook roux, whisking, until golden, about 3 minutes.
- ☐ Remove from heat and add 2 cups simmering stock (from soup), whisking vigorously (mixture will be thick), then whisk mixture into remaining soup and return to a simmer, whisking.

- ☐ Blend soup in 4 batches in a blender until smooth (use caution when blending hot liquids), about 1 minute per batch, transferring to a 3- to 4-quart saucepan. Reheat if necessary, then season with salt and pepper.
- ☐ Beat cream in a bowl with an electric mixer at medium speed until it almost forms soft peaks.
- ☐ Serve soup topped with cream.
- ☐ Soup is best when made 1 to 3 days ahead (to allow flavors to develop); do not whip cream ahead. Chill soup, uncovered, until completely cooled, then cover. Reheat, thinning with water if necessary.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:12.88, Inflammation Score:-10, Nutrition Score:28.866521835327%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.43mg, Kaempferol: 6.43mg, Kaempferol: 6.43mg, Kaempferol: 6.43mg Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 433.71kcal (21.69%), Fat: 24.16g (37.16%), Saturated Fat: 14.63g (91.46%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 41.24g (15%), Sugar: 11.64g (12.93%), Cholesterol: 63.08mg (21.03%), Sodium: 505.7mg (21.99%), Alcohol: 2.06g (100%), Alcohol %: 0.43% (100%), Protein: 8.36g (16.72%), Vitamin K: 357.5µg (340.47%), Vitamin A: 7819.08IU (156.38%), Manganese: 1.28mg (63.98%), Vitamin C: 51.81mg (62.79%), Folate: 190.09µg (47.52%), Iron: 6.57mg (36.5%), Vitamin B6: 0.66mg (33.07%), Potassium: 833.62mg (23.82%), Fiber: 5.9g (23.6%), Magnesium: 88.14mg (22.04%), Copper: 0.44mg (22.03%), Calcium: 195.26mg (19.53%), Vitamin E: 2.91mg (19.41%), Vitamin B3: 3.54mg (17.71%), Phosphorus: 176mg (17.6%), Vitamin B1: 0.24mg (15.69%), Vitamin B2: 0.21mg (12.47%), Selenium: 5.11µg (7.3%), Vitamin B5: 0.62mg (6.18%), Zinc: 0.85mg (5.64%), Vitamin D: 0.6µg (4.01%), Vitamin B12: 0.18µg (3.04%)