



WHATSheATE



Creamy Watercress Soup with Sage



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cup chicken stock see
- ☐ 1 clove garlic minced peeled
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoon butter unsalted
- ☐ 1 pound watercress plus more for garnish

Equipment

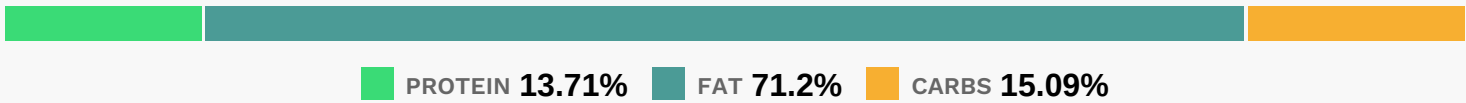
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ immersion blender

Directions

- ☐ Melt the butter in a large sauce pan set over medium heat.
- ☐ Add the leeks, celery and garlic, stirring to coat. Lower the heat and cover the pan, cooking the leeks until softened somewhat, but not yet colored, about 4 minutes.
- ☐ Add the potato and chicken stock. Simmer, uncovered until the potatoes are tender, about 12 minutes.
- ☐ Remove the pot from the pan and stir in the watercress and sage. Set the pan aside to cool somewhat. Meanwhile mix the cream and egg yolks together in a small bowl. Set aside. Using an immersion blender, puree the soup until very smooth. Then strain the soup with a fine meshed sieve discarding any solids. Return the soup to the pan, setting it over medium heat and bring to a boil.
- ☐ Remove the pan from heat and stir in the cream and egg yolk mixture. Season with salt and white pepper.
- ☐ Garnish with watercress (optional).
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:18.630434989929%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 26.12mg, Kaempferol: 26.12mg, Kaempferol: 26.12mg, Kaempferol: 26.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 34.02mg, Quercetin: 34.02mg, Quercetin: 34.02mg, Quercetin: 34.02mg

Nutrients (% of daily need)

Calories: 229.73kcal (11.49%), Fat: 18.69g (28.76%), Saturated Fat: 11.05g (69.05%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.33g (3.03%), Sugar: 3.95g (4.39%), Cholesterol: 54.07mg (18.02%), Sodium: 312.82mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.19%), Vitamin K: 285.31µg (271.72%), Vitamin A: 4236.26IU (84.73%), Vitamin C: 49.53mg (60.04%), Vitamin B2: 0.35mg (20.48%), Potassium: 596.16mg (17.03%), Calcium: 164.15mg (16.42%), Vitamin B3: 3.1mg (15.49%), Manganese: 0.29mg (14.49%), Vitamin B6: 0.28mg (13.8%), Phosphorus: 136.72mg (13.67%), Vitamin B1: 0.17mg (11.52%), Vitamin E: 1.62mg (10.83%), Copper: 0.19mg (9.56%), Selenium: 6.05µg (8.64%), Magnesium: 33.42mg (8.36%), Folate: 20.63µg (5.16%), Vitamin B5: 0.44mg (4.4%), Vitamin D: 0.58µg (3.87%), Iron: 0.65mg (3.6%), Zinc: 0.46mg (3.09%), Fiber: 0.58g (2.33%)