



Cucumber Vichyssoise with Mint Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 2 medium size baking potatoes cubed peeled
- ☐ 2 quarts chicken broth
- ☐ 4 cucumbers peeled seeded chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 medium leek chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion diced

- ☐ 0.8 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup whipping cream

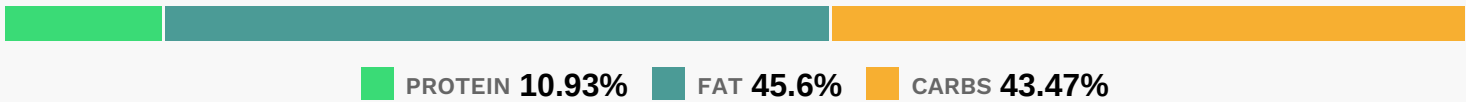
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ dutch oven

Directions

- ☐ Saute first 3 ingredients in hot oil in a Dutch oven until tender.
- ☐ Add cucumber and next 4 ingredients; bring to a boil. Reduce heat, and simmer 20 minutes or until tender. Cool.
- ☐ Process soup in batches in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Pour through a fine wire-mesh strainer into a bowl. Cover and chill at least 4 hours.
- ☐ Beat whipping cream at medium speed with an electric mixer until soft peaks form; fold in chopped mint.
- ☐ Serve soup with mint whipped cream.
- ☐ Note: Vichyssoise may be frozen up to 1 month. Thaw in refrigerator overnight.

Nutrition Facts



Properties

Glycemic Index:20.07, Glycemic Load:6.24, Inflammation Score:-4, Nutrition Score:6.4165217358133%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 110.59kcal (5.53%), Fat: 5.79g (8.9%), Saturated Fat: 2.72g (17%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 10.81g (3.93%), Sugar: 3.39g (3.77%), Cholesterol: 15.67mg (5.22%), Sodium: 753.21mg (32.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Manganese: 0.29mg (14.72%), Vitamin K: 13.72µg (13.07%), Vitamin B6: 0.22mg (11.19%), Potassium: 380.49mg (10.87%), Vitamin B2: 0.17mg (9.87%), Vitamin C: 7.43mg (9.01%), Copper: 0.16mg (8.04%), Vitamin A: 396.48IU (7.93%), Vitamin B1: 0.11mg (7.51%), Folate: 28.06µg (7.02%), Magnesium: 28.05mg (7.01%), Fiber: 1.6g (6.39%), Phosphorus: 63.01mg (6.3%), Iron: 0.94mg (5.2%), Vitamin B5: 0.45mg (4.46%), Vitamin B3: 0.88mg (4.38%), Calcium: 42.85mg (4.28%), Zinc: 0.47mg (3.17%), Vitamin E: 0.47mg (3.1%), Selenium: 1.44µg (2.05%), Vitamin D: 0.17µg (1.15%)