



Dinner Tonight: Peppery Potato-Fennel Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small apples chopped
- ☐ 1 tablespoon butter
- ☐ 1 cup fennel bulb sliced
- ☐ 1 leek sliced
- ☐ 1 cup potatoes diced
- ☐ 4 servings salt and pepper
- ☐ 3 cups vegetable stock

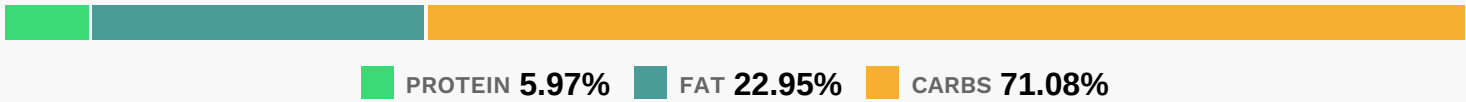
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot, melt the butter over medium high heat and toss in the leeks, fennel, and apples. Cook, stirring occaionally, for about 5 minutes.
- ☐ Pour in the stock and then add the potatoes and pepper. Turn the heat down to low, and let simmer for 25 minutes.
- ☐ Optional: Move all the contents to a blender, and process until nice and smooth. And the salt and serve.

Nutrition Facts



Properties

Glycemic Index:71.94, Glycemic Load:10.38, Inflammation Score:-6, Nutrition Score:7.1186956546229%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 114.02kcal (5.7%), Fat: 3.06g (4.71%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 18.19g (6.62%), Sugar: 7.51g (8.34%), Cholesterol: 7.53mg (2.51%), Sodium: 940.58mg (40.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin K: 26.18µg (24.93%), Vitamin C: 17.34mg (21.01%), Vitamin A: 884.09IU (17.68%), Fiber: 3.12g (12.49%), Manganese: 0.24mg (12.12%), Vitamin B6: 0.23mg (11.62%), Potassium: 391.86mg (11.2%), Folate: 29.74µg (7.43%), Iron: 1.08mg (6.01%), Magnesium: 23.94mg (5.99%), Copper: 0.11mg (5.4%), Phosphorus: 53.53mg (5.35%), Vitamin B1: 0.06mg (4.27%), Vitamin B3: 0.82mg (4.08%), Calcium: 33.28mg (3.33%), Vitamin E: 0.48mg (3.23%), Vitamin B5: 0.26mg (2.64%), Vitamin B2: 0.04mg (2.43%), Zinc: 0.24mg (1.61%)