



## Early Summer Vichyssoise with Sorrel and Asparagus

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

### Ingredients

- 0.3 pound pencil-thin asparagus cut into 1-inch lengths ( 10)
- 4 cups chicken stock see low-sodium canned
- 0.3 cup half-and-half
- 1 pound tender young leeks dark white green thinly sliced
- 1 pound new potatoes white thinly sliced
- 4 servings salt and pepper freshly ground
- 0.8 pound sorrel leaves stemmed cut into thin ribbons

- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- sauce pan
- ladle
- sieve

## Directions

- In a large saucepan, combine the chicken stock with the leek tops. Cover and simmer over low heat until the stock is flavorful, about 10 minutes, then strain, pressing on the leeks to extract as much liquid as possible; discard the solids.
- In another large saucepan, heat 1/2 tablespoon of the oil.
- Add the sliced leeks and potatoes and cook over moderate heat, stirring, until the leeks are softened but not browned, 9 to 10 minutes.
- Add the stock, cover and simmer until the vegetables are tender, about 10 minutes. Stir in the sorrel and cook until wilted, about 2 minutes.
- Puree the soup in a food mill or work it through a fine sieve, discarding the fibers and potato skins. Refrigerate until chilled, about 2 hours.
- Meanwhile, in a small skillet, heat the remaining 1/2 tablespoon oil.
- Add the asparagus and cook over moderately high heat until slightly browned, about 5 minutes.
- Transfer to a plate to cool.
- Stir the half-and-half and asparagus into the soup. Season with salt and pepper. Ladle the soup into bowls and serve.
- Make Ahead: The soup can be made through Step 3 and refrigerated for up to 1 day.
- Wine Recommendation: The rich texture of this soup suggests Chardonnay, but the sorrel and asparagus add a tartness that makes a savory California Sauvignon Blanc a better partner. Two choices are the 1996 Chalk Hill or the 1996 Simi.

## Nutrition Facts

PROTEIN 16.16% FAT 24.1% CARBS 59.74%

## Properties

Glycemic Index:36.94, Glycemic Load:19.16, Inflammation Score:-10, Nutrition Score:27.843043555384%

## Flavonoids

Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

## Nutrients (% of daily need)

Calories: 270.2kcal (13.51%), Fat: 7.63g (11.73%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 36.72g (13.35%), Sugar: 6.77g (7.52%), Cholesterol: 5.29mg (1.76%), Sodium: 307.27mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin C: 78.49mg (95.14%), Vitamin A: 4201.65IU (84.03%), Vitamin K: 73.69µg (70.19%), Folate: 233.49µg (58.37%), Magnesium: 153.28mg (38.32%), Manganese: 0.76mg (38.22%), Iron: 6.42mg (35.66%), Vitamin B6: 0.66mg (32.79%), Potassium: 961.75mg (27.48%), Vitamin B3: 5.18mg (25.88%), Fiber: 5.81g (23.25%), Copper: 0.43mg (21.7%), Phosphorus: 204.24mg (20.42%), Vitamin B1: 0.2mg (13.59%), Vitamin B2: 0.21mg (12.38%), Calcium: 113.06mg (11.31%), Vitamin E: 1.69mg (11.27%), Vitamin B5: 0.62mg (6.16%), Zinc: 0.91mg (6.09%), Vitamin B12: 0.26µg (4.41%), Selenium: 2.61µg (3.73%)