



Fennel and Comice Pear Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings pepper black freshly ground
- 2 tablespoons butter
- 4 cups chicken broth
- 2 fennel bulbs fresh
- 2 comice pears peeled coarsely chopped (and)
- 8 servings salt
- 8 servings pepper white
- 1 onion yellow chopped ()

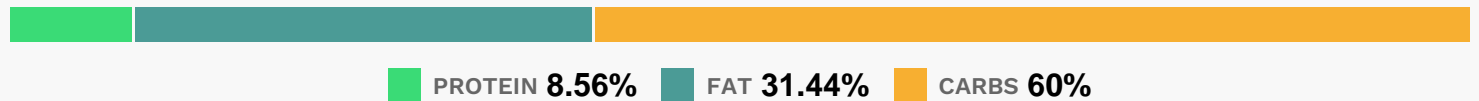
Equipment

- bowl
- frying pan
- ladle
- blender

Directions

- Trim base and stalks from fennel bulbs, reserving a few leaves for garnish. Coarsely chop bulbs.
- In a medium pan, combine chopped fennel, onion, butter, and 2 tbsp. water; cover and cook over medium-high heat until vegetables are limp, 5 to 7 minutes.
- Add pears and chicken broth; cover and simmer until pears are soft, about 5 minutes. Pure the mixture in a blender, in batches if necessary.
- Return soup to pan to reheat. If it's too thick, add a little more broth. Season with salt and white pepper to taste. Ladle into bowls and sprinkle with fennel fronds and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:3.38, Inflammation Score:-3, Nutrition Score:6.5117391451545%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 87.32kcal (4.37%), Fat: 3.32g (5.11%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 10.3g (3.74%), Sugar: 7.73g (8.59%), Cholesterol: 9.88mg (3.29%), Sodium: 683.75mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin K: 39.16µg (37.29%), Fiber: 3.98g (15.9%), Manganese: 0.3mg (15.21%), Vitamin C: 10.37mg (12.57%), Potassium: 338.7mg (9.68%), Vitamin B2: 0.11mg (6.31%), Copper: 0.12mg (5.89%), Folate: 21.84µg (5.46%), Iron: 0.92mg (5.09%), Phosphorus: 47.8mg (4.78%), Calcium: 47.24mg (4.72%), Magnesium: 17.66mg (4.41%), Vitamin B3: 0.73mg (3.63%), Vitamin A: 180.15IU (3.6%), Vitamin E: 0.52mg (3.5%), Vitamin B6: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.9%), Selenium: 1.1µg (1.56%)