



HEALTH SCORE

60%

Fennel and Spinach Soup with Roasted Pepper Yogurt



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large fennel bulb with stalks
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.5 cup greek yogurt fat-free
- ☐ 1 Dash ground pepper red
- ☐ 2 cups leek chopped (2 medium)

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 cups beef broth fat-free
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 bell pepper red
- ☐ 0.4 teaspoon salt
- ☐ 1 cup shallots chopped (2 large)
- ☐ 4 ounces pkt spinach fresh
- ☐ 1 cup water

Equipment

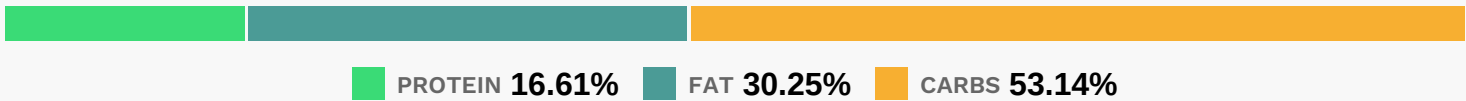
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 10 minutes. Peel and chop; set aside.

- ☐ Trim tough outer leaves from fennel. Mince feathery fronds to measure 2 tablespoons; set aside.
- ☐ Remove and discard stalks.
- ☐ Cut bulbs in half lengthwise; discard core. Chop bulbs to measure about 4 cups.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add fennel bulb, leek, and next 3 ingredients (through salt); cover and cook 10 minutes, stirring occasionally.
- ☐ Add broth, water, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 12 minutes. Discard bay leaf. Stir in spinach and black pepper.
- ☐ Remove from heat; cover and let stand 5 minutes at room temperature.
- ☐ Pour half of fennel mixture into a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining fennel mixture. Return pureed soup to pan; heat over medium heat 2 minutes or until thoroughly heated.
- ☐ Combine roasted bell peppers, yogurt, lemon rind, lemon juice, and ground red pepper in a food processor; process until smooth.
- ☐ Ladle about 3/4 cup soup into each of 8 bowls; top each serving with 2 tablespoons yogurt mixture.
- ☐ Garnish with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:17.650434732437%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg

1.5mg, Kaempferol: 1.5mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 107.69kcal (5.38%), Fat: 3.93g (6.04%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 11.24g (4.09%), Sugar: 7.24g (8.04%), Cholesterol: 0.63mg (0.21%), Sodium: 275.98mg (12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin K: 119.57µg (113.88%), Vitamin C: 56.1mg (68%), Vitamin A: 2759.67IU (55.19%), Manganese: 0.49mg (24.57%), Folate: 82.75µg (20.69%), Potassium: 668.09mg (19.09%), Fiber: 4.27g (17.08%), Vitamin B6: 0.31mg (15.4%), Vitamin E: 1.82mg (12.17%), Iron: 1.96mg (10.88%), Magnesium: 40.44mg (10.11%), Calcium: 88.03mg (8.8%), Phosphorus: 87.62mg (8.76%), Vitamin B2: 0.12mg (7.25%), Copper: 0.13mg (6.39%), Vitamin B3: 0.96mg (4.81%), Vitamin B1: 0.07mg (4.51%), Vitamin B5: 0.4mg (4.04%), Selenium: 2.4µg (3.43%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.09µg (1.46%)