



Fennel-Potato Soup with Smoked Salmon



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



161 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 medium fennel bulbs trimmed chopped
- ☐ 1 teaspoon fennel seeds
- ☐ 1 large leek white green halved lengthwise thinly sliced (and pale parts only)
- ☐ 5.5 cups low-salt chicken broth ()
- ☐ 1.5 pounds russet potatoes peeled cut into 2-inch cubes (2 large)
- ☐ 1 ounce salmon smoked chopped

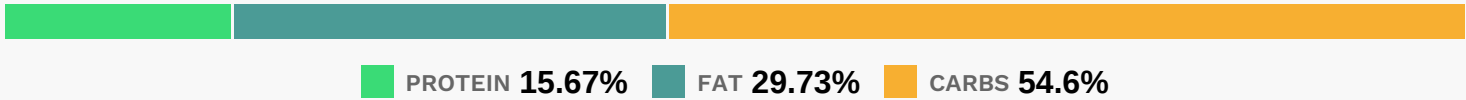
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in heavy large pot over medium-high heat.
- ☐ Add fennel, leek, and fennel seeds and cook until vegetables begin to soften, stirring often, about 8 minutes.
- ☐ Add potatoes and 5 1/2 cups broth. Bring to boil; reduce heat to medium. Cover with lid slightly ajar and simmer until potatoes are tender, about 12 minutes. Working in batches, puree soup in blender. Return soup to pot and rewarm over medium heat, stirring often and thinning with more broth by 1/4 cupfuls for desired consistency. Season soup with salt and pepper.
- ☐ Divide soup among bowls.
- ☐ Garnish with smoked salmon and reserved chopped fennel fronds.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:26.47, Glycemic Load:13.64, Inflammation Score:-5, Nutrition Score:10.804347763891%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 160.72kcal (8.04%), Fat: 5.64g (8.68%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 20.08g (7.3%), Sugar: 3.47g (3.86%), Cholesterol: 12.1mg (4.03%), Sodium: 147.33mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin K: 43.87µg (41.78%), Potassium: 768.1mg (21.95%), Vitamin B6: 0.37mg (18.71%), Vitamin B3: 3.71mg (18.53%), Vitamin C: 13.26mg (16.07%), Manganese: 0.32mg (15.79%), Phosphorus: 136.88mg (13.69%), Fiber: 3.22g (12.88%), Copper: 0.23mg (11.66%), Iron:

1.81mg (10.06%), Magnesium: 35.95mg (8.99%), Folate: 35.05µg (8.76%), Vitamin A: 399.31IU (7.99%), Vitamin B2: 0.1mg (6.18%), Calcium: 57.41mg (5.74%), Vitamin B1: 0.08mg (5.62%), Vitamin B12: 0.29µg (4.78%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.62mg (4.13%), Vitamin D: 0.61µg (4.04%), Zinc: 0.56mg (3.76%), Selenium: 2.06µg (2.95%)