



Fresh Fennel Vichyssoise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter ()
- 5 cups fennel bulb thinly sliced (3 small fennel bulbs)
- 2 cups half and half
- 4 cups chicken broth canned
- 2 tablespoons olive oil
- 2 onion sliced
- 2 tablespoons pernod
- 1 pound potatoes white unpeeled cut into 1/2-inch pieces

Equipment

- bowl
- pot
- blender

Directions

- Melt 2 tablespoons butter with 2 tablespoons olive oil in heavy large pot over medium heat.
- Add sliced fennel and onions. Cover and cook until fennel is tender, stirring occasionally, about 15 minutes.
- Add potatoes and chicken stock; increase heat and bring to boil. Reduce heat, cover and simmer until potatoes are very tender, about 30 minutes.
- Remove from heat.
- Mix in Pernod. Season to taste with salt and pepper.
- Working in batches, puree soup in blender.
- Transfer soup to large bowl.
- Mix in 2 cups half and half. Season soup to taste with salt and pepper. Cool slightly. Chill soup uncovered until cold, then cover and refrigerate. (Can be prepared 1 day ahead. Keep refrigerated.)

Nutrition Facts

 PROTEIN 10.89%  FAT 54.3%  CARBS 34.81%

Properties

Glycemic Index:25.72, Glycemic Load:8.85, Inflammation Score:-5, Nutrition Score:10.427391269933%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 235.55kcal (11.78%), Fat: 14.19g (21.83%), Saturated Fat: 6.82g (42.63%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 17.06g (6.2%), Sugar: 6.4g (7.11%), Cholesterol: 28.7mg (9.57%), Sodium: 127.69mg (5.55%), Alcohol: 1.42g (100%), Alcohol %: 0.55% (100%), Protein: 6.41g (12.81%), Vitamin K: 38.47µg (36.64%), Vitamin C: 20.27mg (24.57%), Potassium: 686.26mg (19.61%), Phosphorus: 161.35mg (16.13%), Fiber: 3.4g (13.6%), Vitamin B6: 0.27mg (13.4%), Vitamin B3: 2.66mg (13.31%), Vitamin B2: 0.2mg (11.59%), Manganese: 0.23mg (11.37%), Calcium: 110.1mg (11.01%), Copper: 0.17mg (8.71%), Magnesium: 32.33mg (8.08%), Folate: 30.9µg (7.72%), Vitamin A: 376.18IU (7.52%), Vitamin E: 1.06mg (7.09%), Iron: 1.2mg (6.65%), Vitamin B1: 0.08mg (5.47%), Vitamin B5: 0.51mg (5.06%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.24µg (3.98%), Selenium: 2.66µg (3.8%)