



Green Garlic Soup with Sorrel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 quart chicken stock see
- ☐ 2 tablespoon cup heavy whipping cream
- ☐ 2 tablespoon grapeseed oil
- ☐ 6 servings kosher salt as needed
- ☐ 2 tablespoon parsley leaves italian minced
- ☐ 6 large sorrel leaves
- ☐ 1 cup water

☐ 6 servings pepper white to taste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven
- ☐ immersion blender

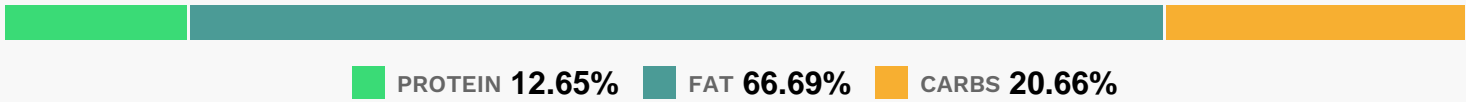
Directions

- ☐ Heat a medium sized stock pot or dutch oven over medium heat.
- ☐ Add the oil, the green garlic and the shallots as well as a big pinch of salt. Cook stirring often until the vegetables have softened and are very fragrant about 7 minutes.
- ☐ Add the chopped potatoes. If you are using a young thin skinned variety there is no need to peel (but you may if you prefer. Get the potatoes well coated with the oil and cook 2 or 3 minutes to combine the flavors.
- ☐ Add the water and continue to cook until the pan is nearly dry, stirring often.
- ☐ Add the chicken stock and bring the heat to low. Simmer about ½ hour until the vegetables are very soft. Stir the pot often and break up the vegetables as you work with the back of your wooden spoon.
- ☐ Remove the pot from the heat, add the minced parsley leaves and let the soup cool somewhat before continuing. Using an immersion blender, process the soup until a chunky puree is formed. If you prefer a more elegant presentation you may take this all the way to a smooth puree. Taste and adjust seasoning with salt and white pepper. Using a paring knife slit the sorrel leaves on either side of the center stem to remove it. To serve place both halves of a sorrel leaf on the bottom of each of six soup bowls. Reheat the soup to nearly a boil and then stir in a touch of cream and butter. Ladle the hot soup over the sorrel leaves in each bowl. Wait about 1 minute for the sorrel leaves to “cook”, then use a fork to bring them to the surface of the soup for presentation.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.9026087276314%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 138.4kcal (6.92%), Fat: 10.32g (15.87%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.62g (2.41%), Sugar: 2.65g (2.95%), Cholesterol: 15.4mg (5.13%), Sodium: 438.55mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Vitamin K: 22.51µg (21.43%), Vitamin B3: 2.52mg (12.59%), Vitamin E: 1.5mg (10.01%), Vitamin B2: 0.15mg (8.71%), Copper: 0.11mg (5.62%), Vitamin A: 272.86IU (5.46%), Selenium: 3.71µg (5.3%), Potassium: 179.81mg (5.14%), Vitamin B6: 0.1mg (5.06%), Phosphorus: 50.34mg (5.03%), Manganese: 0.09mg (4.43%), Iron: 0.73mg (4.06%), Vitamin B1: 0.06mg (3.86%), Vitamin C: 3.02mg (3.66%), Folate: 11.88µg (2.97%), Magnesium: 10.6mg (2.65%), Fiber: 0.58g (2.3%), Zinc: 0.28mg (1.84%), Calcium: 17.03mg (1.7%)