



Green Pea Vichyssoise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

Ingredients

- ☐ 6 servings chives fresh
- ☐ 2 cups leeks 1 garlic clove white green chopped (and pale parts only)
- ☐ 4.5 cups low-salt chicken broth canned ()
- ☐ 10 ounce peas frozen
- ☐ 1.5 pounds russet potatoes peeled cut into 1-inch pieces
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup whipping cream
- ☐ 6 servings additional whipping cream

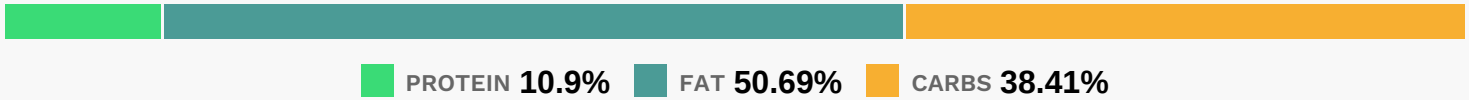
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Add leeks; sauté 3 minutes.
- ☐ Add garlic; sauté 1 minute.
- ☐ Add potatoes and 4 1/2 cups broth; bring to boil. Reduce heat, cover and simmer until potatoes are very tender, stirring occasionally, about 15 minutes.
- ☐ Add peas; cover and continue cooking until just tender, about 5 minutes. Working in batches, puree soup in blender.
- ☐ Transfer to bowl. Cool slightly. Chill uncovered until cold, then cover and chill. (Can be made 1 day ahead. Keep chilled.)
- ☐ Mix 1 cup cream into soup. Thin soup with more broth, if desired. Season soup to taste with salt and pepper. Ladle soup into bowls.
- ☐ Drizzle with additional cream and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:22.16, Inflammation Score:-8, Nutrition Score:20.670434848122%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 460.08kcal (23%), Fat: 26.99g (41.52%), Saturated Fat: 16.59g (103.69%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 40.88g (14.87%), Sugar: 5.68g (6.32%), Cholesterol: 76.82mg (25.61%), Sodium: 84.4mg (3.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.11%), Manganese: 1.13mg (56.71%), Vitamin B6: 1.07mg (53.58%), Vitamin C: 40.42mg (48.99%), Potassium: 978.74mg (27.96%), Vitamin A: 1388.73IU (27.77%), Phosphorus: 269.82mg (26.98%), Vitamin B3: 4.95mg (24.74%), Copper: 0.43mg (21.72%), Vitamin B1: 0.32mg (21.43%), Fiber: 5.14g (20.58%), Vitamin B2: 0.31mg (18.18%), Vitamin K: 18.9µg (18%), Iron: 2.88mg (16.02%), Calcium: 154.37mg (15.44%), Magnesium: 59.16mg (14.79%), Selenium: 9.46µg (13.51%), Folate: 51.39µg (12.85%), Zinc: 1.76mg (11.74%), Vitamin B5: 0.81mg (8.11%), Vitamin D: 0.98µg (6.53%), Vitamin E: 0.78mg (5.18%), Vitamin B12: 0.28µg (4.61%)