



Gruyère & vegetable soup

READY IN



55 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium leek
- ☐ 1 medium carrots peeled
- ☐ 1 small potatoes peeled
- ☐ 1 stick fennel bulb
- ☐ 1 medium onion
- ☐ 50 g butter
- ☐ 2 tbsp olive oil
- ☐ 4 sprigs thyme leaves dried
- ☐ 2 tbsp flour plain

- ☐ 700 ml vegetable stock (using a cube)
- ☐ 300 ml milk
- ☐ 1 small head broccoli trimmed
- ☐ 1 small handful parsley roughly chopped
- ☐ 140 g gruyere cheese grated

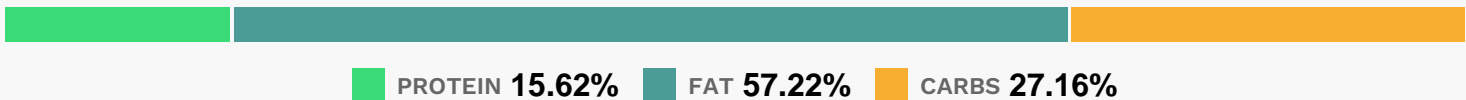
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Wash and trim the leek, cut off and discard half the green top, then thinly slice. Peel and chop the carrot and potato into a small dice. Thinly slice the celery or fennel into bite-size sticks and dice the onion. The vegetables should all be of roughly the same size.
- ☐ Heat the butter and oil in a medium pan and gently sweat all the vegetables, except the broccoli, with the thyme leaves for about 10 minutes, stirring every now and then until softened, but not coloured.
- ☐ Add the flour to the pan and stir for a minute until it all becomes pasty, then slowly stir in the stock. Bring to the boil, stirring until thick then add the milk, season well and reduce to a simmer.
- ☐ Continue to simmer for 10 minutes, then add the broccoli florets and continue cooking for another 5 minutes or until the broccoli is just cooked. When ready to serve, stir in most of the parsley, then ladle the hot soup into four bowls. Scatter each serving with the cheese and remaining parsley, for your diners to stir in. The gruyre will melt into strings, which is all part of its charm.

Nutrition Facts



Properties

Glycemic Index:137.9, Glycemic Load:13.84, Inflammation Score:-10, Nutrition Score:32.138260737709%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 13.08mg, Kaempferol: 13.08mg, Kaempferol: 13.08mg, Kaempferol: 13.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg, Quercetin: 10.89mg

Nutrients (% of daily need)

Calories: 481.48kcal (24.07%), Fat: 31.71g (48.79%), Saturated Fat: 15.67g (97.91%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 27.4g (9.96%), Sugar: 11.03g (12.26%), Cholesterol: 74.66mg (24.89%), Sodium: 1124.75mg (48.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.94%), Vitamin C: 152.52mg (184.88%), Vitamin K: 191.26µg (182.15%), Vitamin A: 5138.75IU (102.77%), Calcium: 558.85mg (55.89%), Phosphorus: 444.33mg (44.43%), Folate: 137.7µg (34.42%), Manganese: 0.6mg (30.12%), Vitamin B6: 0.58mg (28.97%), Potassium: 952.37mg (27.21%), Vitamin B2: 0.45mg (26.31%), Fiber: 6.46g (25.86%), Vitamin E: 2.95mg (19.64%), Magnesium: 77.6mg (19.4%), Vitamin B1: 0.27mg (18.25%), Selenium: 12.25µg (17.49%), Zinc: 2.61mg (17.37%), Vitamin B12: 1µg (16.65%), Vitamin B5: 1.63mg (16.27%), Iron: 2.53mg (14.03%), Vitamin B3: 2.07mg (10.34%), Copper: 0.19mg (9.46%), Vitamin D: 1.06µg (7.07%)