



Italian Vichyssoise

 Vegetarian

READY IN

ready

137 min.

SERVINGS

servings

4

CALORIES

calories

507 kcal

SIDE DISH

Ingredients

- ☐ 1 cup arugula
- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 2 cloves garlic minced
- ☐ 8 grape tomatoes quartered
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt for seasoning
- ☐ 3 cups chicken broth low-sodium
- ☐ 0.5 cup mascarpone cheese at room temperature

- ☐ 2 slices multi-grain bread cut into 1/2-inch cubes 1/
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 pounds russet potatoes peeled cut into 3/4-inch pieces 2 medium
- ☐ 4 small shallots thinly sliced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ dutch oven

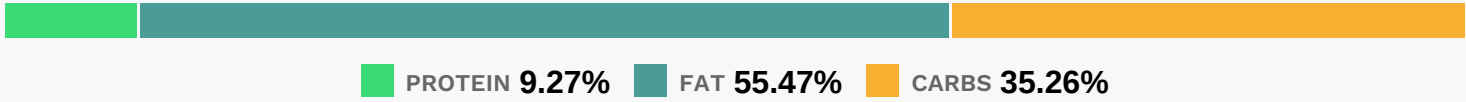
Directions

- ☐ For the soup: In a large saucepan or Dutch oven, heat the oil over medium heat.
- ☐ Add the shallots and season with a pinch of salt and pepper. Cook, stirring frequently, until tender, about 3 minutes.
- ☐ Add the garlic and cook until aromatic, about 30 seconds.
- ☐ Add the potatoes, chicken broth, and arugula. Bring to a boil. Reduce the heat, cover, and simmer until the potatoes are very tender, about 15 minutes. In batches, ladle the mixture into a blender or food processor and blend until smooth. Return the soup to the saucepan and whisk in the cheese, 3/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Let the soup cool to room temperature, about 30 minutes. Refrigerate for at least 1 hour until ready to serve. Before serving, adjust the seasoning with salt and pepper, to taste.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F.
- ☐ In a small bowl, toss together the bread, oil, and salt until coated.

- ☐
- Spread in a single layer on a small baking sheet.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:79.11, Glycemic Load:29.35, Inflammation Score:-7, Nutrition Score:16.064347858014%

Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 507.44kcal (25.37%), Fat: 31.99g (49.21%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 41.34g (15.03%), Sugar: 4.88g (5.42%), Cholesterol: 28.13mg (9.38%), Sodium: 728.12mg (31.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Vitamin B6: 0.77mg (38.54%), Manganese: 0.74mg (36.81%), Potassium: 1087.03mg (31.06%), Vitamin B3: 5.08mg (25.42%), Vitamin K: 23.25µg (22.15%), Vitamin C: 17.57mg (21.3%), Phosphorus: 204.59mg (20.46%), Vitamin E: 2.83mg (18.87%), Fiber: 4.4g (17.61%), Copper: 0.35mg (17.48%), Vitamin A: 799.56IU (15.99%), Magnesium: 63.62mg (15.9%), Iron: 2.8mg (15.55%), Vitamin B1: 0.23mg (15.14%), Folate: 48.21µg (12.05%), Calcium: 115.84mg (11.58%), Vitamin B2: 0.15mg (8.83%), Zinc: 1.12mg (7.46%), Vitamin B5: 0.74mg (7.43%), Selenium: 4.83µg (6.9%), Vitamin B12: 0.18µg (2.95%)