



Julia Child's Vichyssoise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- 4 cups leek white sliced
- 4 cups baking potatoes diced
- 6 cups water
- 1.5 teaspoons salt to taste
- 0.5 cup crème fraîche sour
- 1 Tablespoon chives fresh minced

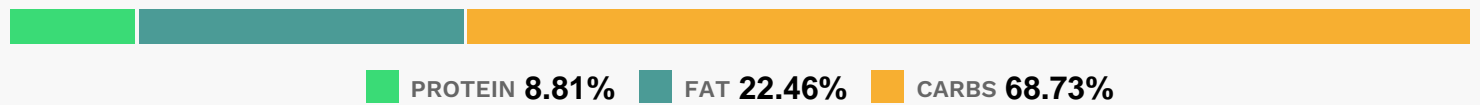
Equipment

- sauce pan

Directions

- Bring the leeks, potatoes and water to the boil in the saucepan. Salt lightly, cover partially, and simmer 20–30 minutes, or until the vegetables are tender.
- Pure the soup if you wish. Taste, and correct seasoning.
- After chilling the soup, you may wish to stir in a little more cream. Taste carefully again, and correct the seasoning.
- Top each serving with a sprinkle of chives or parsley and a drizzle or dollop of crme frache.

Nutrition Facts



Properties

Glycemic Index:26.96, Glycemic Load:16.57, Inflammation Score:-7, Nutrition Score:10.371739130435%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Taste

Sweetness: 24.36%, Saltiness: 100%, Sourness: 30.85%, Bitterness: 32.15%, Savoriness: 26.67%, Fattiness: 55.09%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 153.29kcal (7.66%), Fat: 3.98g (6.12%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 25.02g (9.1%), Sugar: 3.6g (4%), Cholesterol: 11.31mg (3.77%), Sodium: 616.02mg (26.78%), Protein: 3.51g (7.03%), Vitamin K: 31.04µg (29.56%), Vitamin B6: 0.49mg (24.59%), Vitamin A: 1131.26IU (22.63%), Manganese: 0.45mg (22.39%), Vitamin C: 13.28mg (16.1%), Potassium: 549.36mg (15.7%), Folate: 53.65µg (13.41%), Iron: 2.13mg (11.85%), Magnesium: 44.12mg (11.03%), Copper: 0.22mg (10.84%), Fiber: 2.38g (9.52%), Phosphorus: 90.62mg (9.06%), Vitamin B1: 0.12mg (8.12%), Calcium: 75.28mg (7.53%), Vitamin B3: 1.29mg (6.47%), Vitamin B2: 0.08mg (4.92%), Vitamin B5: 0.45mg (4.5%), Vitamin E: 0.63mg (4.2%), Zinc: 0.45mg (3.02%), Selenium: 1.71µg (2.44%)