



Leek and Chard Bisque



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper white black
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 0.3 cup chives fresh minced
- ☐ 1 large hard-cooked egg shelled finely chopped
- ☐ 1 leek thick
- ☐ 1 cup milk
- ☐ 4 servings salt
- ☐ 0.8 pound swiss chard

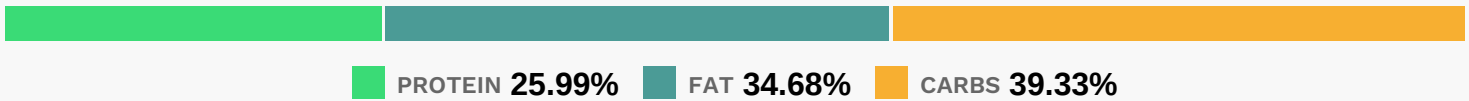
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Trim and discard stem end and tough green top from leek; peel off and discard outer layer.
- ☐ Cut leek in half lengthwise and hold each half under cold running water, separating layers to rinse well. Coarsely chop.
- ☐ Rinse and drain chard. Trim off discolored stem ends and discard. Thinly slice stems crosswise and coarsely chop leaves.
- ☐ In a 3- to 4-quart pan, mix broth with leek and chard stems and leaves. Bring to a boil over high heat; cover, reduce heat, and simmer until vegetables are very tender when pierced, about 12 minutes.
- ☐ With a slotted spoon, transfer vegetables to a blender or food processor.
- ☐ Add about 1/2 cup cooking liquid and whirl until smooth.
- ☐ Pour pure back into pan.
- ☐ Add milk and 1/4 teaspoon pepper; stir just until steaming, 3 to 4 minutes.
- ☐ Ladle bisque into wide bowls.
- ☐ Sprinkle equally with chopped egg and chives.
- ☐ Add salt and more pepper to taste.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:20.312608553016%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg Myricetin: 2.69mg, Myricetin: 2.69mg, Myricetin: 2.69mg, Myricetin: 2.69mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 93.64kcal (4.68%), Fat: 3.83g (5.89%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 7.91g (2.87%), Sugar: 5.18g (5.75%), Cholesterol: 53.94mg (17.98%), Sodium: 1114.48mg (48.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin K: 721.91µg (687.53%), Vitamin A: 5845.12IU (116.9%), Vitamin C: 29.66mg (35.96%), Manganese: 0.46mg (22.9%), Magnesium: 86.56mg (21.64%), Vitamin B2: 0.27mg (15.9%), Potassium: 528.24mg (15.09%), Phosphorus: 150.42mg (15.04%), Calcium: 147.34mg (14.73%), Selenium: 9.77µg (13.96%), Iron: 2.44mg (13.58%), Vitamin B12: 0.81µg (13.48%), Vitamin E: 1.98mg (13.18%), Copper: 0.22mg (10.94%), Vitamin B6: 0.22mg (10.79%), Folate: 35.99µg (9%), Vitamin B5: 0.79mg (7.92%), Fiber: 1.86g (7.43%), Vitamin B3: 1.47mg (7.34%), Vitamin B1: 0.1mg (6.91%), Vitamin D: 0.95µg (6.31%), Zinc: 0.76mg (5.09%)