



Lettuce Soup with Croutons



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup herbs like: thym fresh such as basil, parsley, and tarragon
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 6 cups lettuce (any varieties)
- ☐ 1 tablespoon olive oil plus more to taste
- ☐ 1 small baking potatoes cubed peeled
- ☐ 2 cups bread crumbs with your fingers
- ☐ 2 shallots diced peeled
- ☐ 4 cups vegetable stock

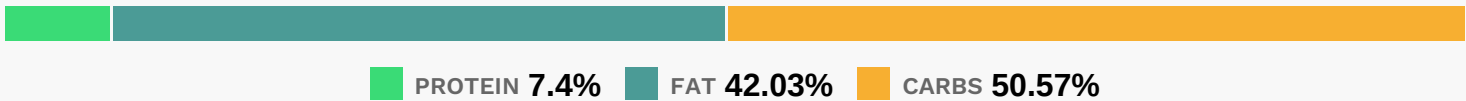
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Preheat oven to 350°F.
- ☐ In a large pot, heat the olive oil over medium heat.
- ☐ Add the shallots and sauté until soft, about 5 minutes.
- ☐ Add the broth and potato and simmer, uncovered, for 15 to 20 minutes.
- ☐ Meanwhile, place the bread on a baking sheet, sprinkle it with olive oil and salt, and bake it until crispy, about 15 minutes.
- ☐ Remove and let cool.
- ☐ Add the lettuce and herbs to the soup. Simmer for 10 minutes more.
- ☐ Add the salt and pepper, then puree the soup in a blender until smooth.
- ☐ Top with the croutons and serve.

Nutrition Facts



Properties

Glycemic Index:73.44, Glycemic Load:8.55, Inflammation Score:-7, Nutrition Score:8.2700000897698%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 179.45kcal (8.97%), Fat: 8.66g (13.33%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 20.64g (7.5%), Sugar: 9.71g (10.79%), Cholesterol: 0mg (0%), Sodium: 1006.58mg (43.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Vitamin K: 41.61µg (39.63%), Vitamin A: 1202.43IU (24.05%), Manganese: 0.29mg (14.27%), Folate: 52.4µg (13.1%), Vitamin B6: 0.24mg (12%), Potassium: 411.85mg (11.77%), Fiber: 2.81g (11.25%), Vitamin C: 6.99mg (8.47%), Iron: 1.38mg (7.65%), Vitamin B1: 0.11mg (7.16%), Vitamin B3: 1.26mg (6.28%), Magnesium: 24.43mg (6.11%), Phosphorus: 59.49mg (5.95%), Vitamin E: 0.73mg (4.88%), Copper: 0.09mg (4.73%), Calcium: 35.38mg (3.54%), Vitamin B2: 0.06mg (3.45%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.39mg (2.59%)