



Lovage and Lettuce Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 oz lovage leaves* loosely packed for garnish
- ☐ 0.5 cup heavy whipping cream
- ☐ 2 tsp kosher salt
- ☐ 2 cups leeks light white green cleaned thinly sliced (3 medium leeks)
- ☐ 5 oz romaine lettuce roughly chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon rice white

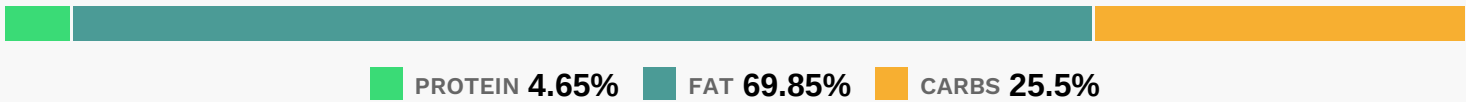
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Melt butter in a large saucepan over medium heat, add leeks, and cook, stirring frequently, until softened, about 10 minutes.
- ☐ Add 4 cups water, rice, and salt. Cover and cook at an even simmer (lift lid to check and lower heat if necessary) until rice is very soft, about 20 minutes. Stir in lovage and romaine. Bring to a boil over high heat and cook 2 minutes.
- ☐ Blend soup, in batches, in a blender until very smooth. Return soup to pan, stir in cream, and bring to a gentle simmer. Ladle into bowls, season with salt to taste, and garnish with remaining lovage leaves.
- ☐ *You can substitute flat-leaf parsley for the lovage, but increase the quantity to 1 1/2 cups (1 oz.).

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:13.518260758856%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 209.09kcal (10.45%), Fat: 16.98g (26.12%), Saturated Fat: 10.56g (65.98%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 11.42g (4.15%), Sugar: 3.03g (3.37%), Cholesterol: 48.67mg (16.22%), Sodium: 1184.28mg (51.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin A: 4659.8IU (93.2%), Vitamin K: 58.68µg (55.89%), Manganese: 0.6mg (30.11%), Folate: 84.75µg (21.19%), Iron: 2.87mg (15.96%),

Vitamin B6: 0.21mg (10.41%), Vitamin C: 8.58mg (10.4%), Fiber: 2.53g (10.1%), Calcium: 90.57mg (9.06%), Vitamin B2: 0.11mg (6.6%), Potassium: 220.81mg (6.31%), Magnesium: 24.85mg (6.21%), Vitamin E: 0.9mg (5.97%), Phosphorus: 53.4mg (5.34%), Copper: 0.1mg (4.93%), Vitamin B1: 0.06mg (4.09%), Vitamin D: 0.58µg (3.87%), Selenium: 2.21µg (3.16%), Zinc: 0.39mg (2.58%), Vitamin B5: 0.23mg (2.34%), Vitamin B3: 0.44mg (2.21%)