



Pea, Lettuce and Fennel Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium head bibb lettuce cut into 1/2-inch-wide strips
- 0.5 teaspoon pepper black freshly ground
- 2 cups fennel bulb chopped
- 0.5 teaspoon fennel seeds
- 1 teaspoon kosher salt
- 1.5 cups low-salt chicken broth as needed
- 2.3 cups peas frozen
- 2 small shallots chopped

3 tablespoons butter unsalted

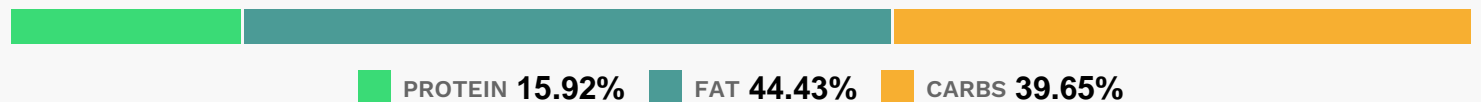
Equipment

- bowl
- sauce pan
- ladle
- blender

Directions

- Melt the butter in a heavy large saucepan over medium heat.
- Add the shallots and fennel. Season with 1/2 teaspoon of the salt and 1/4 the teaspoon pepper. Cover the saucepan and cook until almost tender, stirring occasionally, 6 to 7 minutes.
- Add the lettuce and toss until wilted, 1 to 2 minutes.
- Mix in the peas, broth, 1 cup water and fennel seeds. Bring the soup to a boil. Cover; reduce the heat to medium-low and simmer until the vegetables are just tender, 5 to 6 minutes.
- In a blender, blend the soup, 1 cup at a time, until smooth.
- Pour the soup back into the saucepan and keep warm over low heat. Season with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Thin out the soup by adding 1 tablespoon of extra broth at a time, if needed.
- Ladle the soup into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:4.51, Inflammation Score:-9, Nutrition Score:18.2378260882%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin:

1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 184.78kcal (9.24%), Fat: 9.61g (14.78%), Saturated Fat: 5.67g (35.42%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 12.28g (4.47%), Sugar: 7.82g (8.69%), Cholesterol: 22.58mg (7.53%), Sodium: 639.58mg (27.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.49%), Vitamin K: 90.48µg (86.17%), Vitamin C: 40.41mg (48.98%), Vitamin A: 2296.48IU (45.93%), Manganese: 0.58mg (28.85%), Fiber: 7.01g (28.03%), Folate: 99.12µg (24.78%), Potassium: 604.15mg (17.26%), Vitamin B3: 3.39mg (16.94%), Vitamin B1: 0.25mg (16.92%), Phosphorus: 161.47mg (16.15%), Iron: 2.44mg (13.53%), Vitamin B6: 0.25mg (12.29%), Copper: 0.24mg (12.15%), Magnesium: 44.73mg (11.18%), Vitamin B2: 0.18mg (10.64%), Zinc: 1.34mg (8.94%), Calcium: 71.11mg (7.11%), Vitamin E: 0.68mg (4.55%), Selenium: 2.29µg (3.27%), Vitamin B5: 0.3mg (2.98%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.16µg (1.05%)