



Potage Saint-Germain

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- 4 cups lettuce rinsed drained chopped
- 4 cups peas fresh green frozen shelled
- 1.5 cups bread crumbs french italian
- 2 leek white washed chopped well
- 0.3 cup cup heavy whipping cream chilled
- 0.5 cup mint leaves fresh
- 3 cups chicken broth
- 2 tablespoons butter unsalted

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- ladle
- oven
- knife
- blender
- baking pan
- skewers

Directions

- In a bowl drizzle the bread cubes with the butter, tossing them to coat them well, and in a shallow baking dish bake them in a preheated 350°F. oven, stirring occasionally, for 10 minutes, or until the croutons are golden and crisp. Season the croutons with salt. The croutons may be made 1 day in advance and kept in an airtight container.
- In a large saucepan cook the leeks in the butter over moderately low heat, stirring occasionally, until they are softened, add the broth and 2 cups water, and bring the mixture to a boil.
- Add the peas and the lettuce and simmer the mixture, covered partially, for 10 minutes, or until the peas are tender. Stir in the mint and in a blender or food processor purée the soup in batches. The soup may be made 1 day in advance and kept covered and chilled. Return the soup to the pan, season it with salt and pepper, and reheat it over moderately low heat, stirring, until it is hot.
- In a small bowl beat the cream until it is thickened slightly but still pourable and season it with salt. Ladle the soup into bowls, drizzle drops of the cream on each serving, and draw a skewer or knife through the drops, forming decorative patterns.
- Serve the soup with the croutons.

Nutrition Facts



■ PROTEIN 13.99% ■ FAT 42.49% ■ CARBS 43.52%

Properties

Glycemic Index:13.54, Glycemic Load:3.88, Inflammation Score:-8, Nutrition Score:12.753478265327%

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: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 164.27kcal (8.21%), Fat: 8g (12.3%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 13.06g (4.75%), Sugar: 7.91g (8.79%), Cholesterol: 17.69mg (5.9%), Sodium: 361.36mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin C: 33.62mg (40.75%), Vitamin K: 37.6µg (35.81%), Vitamin A: 1424.29IU (28.49%), Manganese: 0.52mg (26.15%), Fiber: 5.37g (21.5%), Folate: 78.72µg (19.68%), Vitamin B1: 0.25mg (16.72%), Vitamin B2: 0.19mg (11.22%), Iron: 2mg (11.13%), Vitamin B3: 2.13mg (10.66%), Phosphorus: 105.96mg (10.6%), Vitamin B6: 0.2mg (9.79%), Copper: 0.19mg (9.36%), Magnesium: 37.29mg (9.32%), Potassium: 318.87mg (9.11%), Zinc: 1.1mg (7.36%), Calcium: 53.84mg (5.38%), Vitamin E: 0.55mg (3.66%), Selenium: 2.17µg (3.11%), Vitamin B5: 0.18mg (1.8%), Vitamin D: 0.17µg (1.14%)