

# Potato-Fennel Soup

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 large carrots diced
- ☐ 4 slices top italian toasted
- ☐ 0.3 cup parsley and/or dill fresh chopped
- ☐ 1 large bulb fennel diced (stems and fronds reserved)
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 large leeks
- ☐ 0.5 cup ricotta cheese low-fat
- ☐ 1.5 cups skim milk

- ☐ 2 tablespoons butter unsalted
- ☐ 2 pounds yukon gold potatoes peeled cut into 1-inch pieces

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

## Directions

- ☐ Cut off the dark green tops of the leeks and put in a large pot along with the fennel stems and fronds; add 8 cups water. Bring to a boil, then reduce the heat to medium, cover and simmer 20 minutes.
- ☐ Meanwhile, halve the remaining leeks lengthwise, then thinly slice and rinse.
- ☐ Put the carrots and half each of the sliced leeks and diced fennel on a foil-lined baking sheet. Season with salt and pepper, coat with cooking spray and toss. Roast until golden, about 25 minutes.
- ☐ Meanwhile, melt the butter in a Dutch oven or pot over medium-high heat.
- ☐ Add the remaining leeks and fennel and cook, stirring, until soft, about 4 minutes.
- ☐ Add the potatoes and 2 cups of the prepared broth. Cover and cook until tender, 15 minutes.
- ☐ Add 4 more cups broth and the milk; bring to a boil. Working in batches, transfer to a blender and puree; season with salt and pepper.
- ☐ Ladle the soup into bowls; top with the roasted vegetables and chopped herbs.
- ☐ Spread the ricotta on the toasted bread and season with pepper; serve with the soup.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



Properties

Glycemic Index:68.21, Glycemic Load:36, Inflammation Score:-10, Nutrition Score:33.763478175454%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 492.78kcal (24.64%), Fat: 15.94g (24.53%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 75.31g (25.1%), Net Carbohydrates: 64.97g (23.63%), Sugar: 20.18g (22.43%), Cholesterol: 27.42mg (9.14%), Sodium: 441.92mg (19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.57%), Vitamin A: 11014.18IU (220.28%), Vitamin K: 141.75µg (135%), Vitamin C: 67.88mg (82.28%), Potassium: 1748.03mg (49.94%), Vitamin B6: 0.99mg (49.48%), Manganese: 0.87mg (43.48%), Fiber: 10.34g (41.36%), Phosphorus: 367.08mg (36.71%), Calcium: 325.65mg (32.57%), Folate: 129.44µg (32.36%), Magnesium: 108.37mg (27.09%), Iron: 4.55mg (25.29%), Vitamin B1: 0.35mg (23.5%), Vitamin B3: 4.65mg (23.24%), Copper: 0.41mg (20.36%), Vitamin B2: 0.34mg (20.26%), Vitamin B5: 1.47mg (14.74%), Selenium: 8.9µg (12.71%), Zinc: 1.9mg (12.67%), Vitamin B12: 0.63µg (10.58%), Vitamin E: 1.54mg (10.3%), Vitamin D: 1.15µg (7.64%)