

Potato-Fennel Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds baking potatoes quartered
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 pound fennel bulb with stalks
- ☐ 0.5 cup parsley fresh minced
- ☐ 2 cups leek chopped 3 large
- ☐ 8 teaspoons cup heavy whipping cream sour low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon stick margarine

- ☐ 14.5 ounce vegetable broth canned
- ☐ 3 cups water

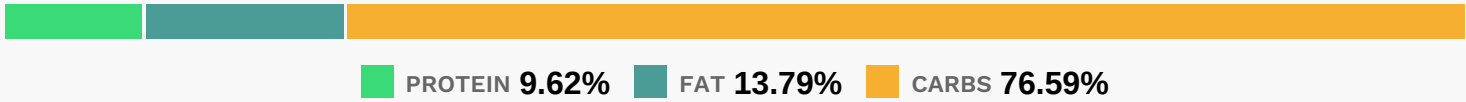
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Trim tough outer leaves from fennel; mince feathery fronds to measure 2 tablespoons.
- ☐ Remove and discard stalks.
- ☐ Cut fennel bulb in half lengthwise; discard core. Chop bulb to measure 1 cup.
- ☐ Slice quartered potatoes into 1/4-inch-thick slices. Melt butter in a Dutch oven over medium-high heat.
- ☐ Add chopped fennel bulb, potatoes, and leek, and cook 3 minutes.
- ☐ Add water, salt, and broth, and bring to a boil. Cover, reduce heat, and simmer 25 minutes or until potatoes are tender.
- ☐ Remove 2 cups of soup from pan.
- ☐ Place in a blender; process until smooth. Return pured mixture to pan, and stir in fennel fronds, parsley, and pepper. Spoon into bowls; top with sour cream.

Nutrition Facts



Properties

Glycemic Index:33.84, Glycemic Load:17.88, Inflammation Score:-7, Nutrition Score:12.403043523593%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 134.75kcal (6.74%), Fat: 2.16g (3.32%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 24.06g (8.75%), Sugar: 3.16g (3.51%), Cholesterol: 1.4mg (0.47%), Sodium: 403.04mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin K: 91.92µg (87.55%), Vitamin B6: 0.46mg (23.05%), Vitamin C: 17.56mg (21.29%), Potassium: 661.18mg (18.89%), Vitamin A: 914.95IU (18.3%), Manganese: 0.35mg (17.68%), Fiber: 2.89g (11.57%), Folate: 43.94µg (10.98%), Iron: 1.89mg (10.51%), Magnesium: 40.46mg (10.11%), Copper: 0.18mg (9.18%), Phosphorus: 89.87mg (8.99%), Vitamin B1: 0.11mg (7.62%), Vitamin B3: 1.5mg (7.49%), Calcium: 56.16mg (5.62%), Vitamin B5: 0.46mg (4.56%), Vitamin B2: 0.06mg (3.67%), Zinc: 0.48mg (3.22%), Vitamin E: 0.48mg (3.19%), Selenium: 1.01µg (1.44%)