



WHATSheATE



## Potato, Green Cabbage, and Leek Soup with Lemon Crème Fraîche

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 tablespoons butter divided ()
- ☐ 0.5 cup crème fraîche sour
- ☐ 2 tablespoons chives fresh chopped (for garnish)
- ☐ 3 large garlic clove pressed
- ☐ 6 cups cabbage diced green ()
- ☐ 3 cups leek white green chopped ( and pale parts only; 3 to 4 large)
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 6 cups chicken broth ()
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 parmesan
- ☐ 1 turkish bay leaf

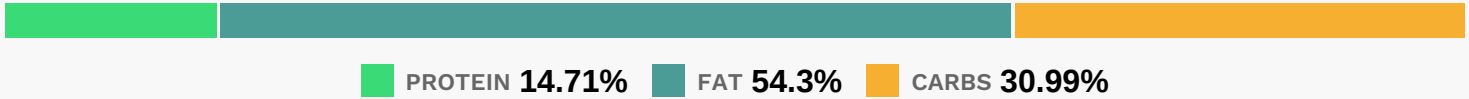
## Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ slotted spoon

## Directions

- ☐ Whisk crème fraîche, lemon juice, and lemon peel in small bowl to blend. Cover and chill. DO AHEAD: Can be made 4 hours ahead. Keep chilled.
- ☐ Melt 1 tablespoon butter with 1 tablespoon olive oil in heavy large pot over medium-high heat.
- ☐ Add cabbage; sprinkle lightly with salt and freshly ground black pepper and sauté until cabbage is almost tender but not brown, 6 to 8 minutes. Using slotted spoon, transfer 1 cup cabbage to small bowl and reserve for garnish.
- ☐ Add 1 tablespoon butter to pot with cabbage; add leeks and garlic. Sauté over medium heat until leeks soften slightly, about 3 minutes. Stir in potatoes, Parmesan rind, if desired, and bay leaf.
- ☐ Add 6 cups broth; bring to boil. Reduce heat to medium-low; cover and simmer until all vegetables are tender, 20 to 25 minutes. Discard Parmesan rind, if using, and bay leaf. Working in batches, puree soup in blender until smooth. Return puree to pot. Simmer until heated through, adding more broth by 1/4 cupfuls to thin soup to desired consistency. Season with salt and pepper.
- ☐ Ladle soup into bowls. Top each serving with some of reserved sautéed cabbage.
- ☐ Drizzle crème fraîche mixture over soup; sprinkle with chives and serve.

# Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:2.93, Inflammation Score:-7, Nutrition Score:13.327391241313%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 178.92kcal (8.95%), Fat: 11.56g (17.79%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 12.22g (4.44%), Sugar: 5.04g (5.6%), Cholesterol: 21.57mg (7.19%), Sodium: 133.95mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin K: 78.29µg (74.57%), Vitamin C: 33.26mg (40.32%), Vitamin A: 1093.93IU (21.88%), Vitamin B3: 3.62mg (18.08%), Manganese: 0.36mg (17.93%), Folate: 61.53µg (15.38%), Phosphorus: 125.68mg (12.57%), Potassium: 439.24mg (12.55%), Vitamin B6: 0.24mg (12.2%), Fiber: 2.63g (10.51%), Iron: 1.84mg (10.23%), Copper: 0.2mg (9.86%), Calcium: 92.18mg (9.22%), Vitamin B2: 0.15mg (8.84%), Vitamin E: 1.04mg (6.93%), Magnesium: 26.35mg (6.59%), Vitamin B1: 0.08mg (5.2%), Vitamin B12: 0.29µg (4.8%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.3mg (2.97%), Selenium: 1.71µg (2.44%)