



Radish Top Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 4 cups chicken broth
- 0.3 cup cup heavy whipping cream
- 1 large onion diced
- 2 medium potatoes sliced
- 4 cups radish greens raw
- 5 radishes sliced

Equipment

sauce pan

blender

Directions

Melt butter in a large saucepan over medium heat. Stir in the onion, and saute until tender.

Mix in the potatoes and radish greens, coating them with the butter.

Pour in chicken broth. Bring the mixture to a boil. Reduce heat, and simmer 30 minutes.

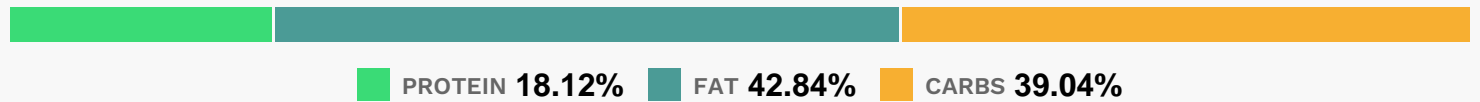
Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth.

Return the mixture to the saucepan.

Mix in the heavy cream. Cook and stir until well blended.

Serve with radish slices.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:9.62, Inflammation Score:-7, Nutrition Score:15.16478245673%

Flavonoids

Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 197.18kcal (9.86%), Fat: 9.61g (14.78%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 17.66g (6.42%), Sugar: 2.74g (3.04%), Cholesterol: 28.11mg (9.37%), Sodium: 621.37mg (27.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.29%), Vitamin C: 144.17mg (174.75%), Vitamin B2: 0.94mg (55.19%), Calcium: 449.19mg (44.92%), Vitamin B1: 0.42mg (28%), Phosphorus: 156.5mg (15.65%), Magnesium: 56.45mg (14.11%), Vitamin B6: 0.25mg (12.33%), Vitamin B3: 2.4mg (12.01%), Potassium: 385.06mg (11%), Manganese: 0.22mg (10.77%), Fiber: 2.04g (8.16%), Vitamin A: 316.27IU (6.33%), Copper: 0.11mg (5.65%), Iron: 0.88mg (4.91%), Folate: 17.61µg (4.4%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.3mg (2.99%), Vitamin K: 2.24µg (2.14%), Selenium: 1.43µg (2.04%), Vitamin E: 0.3mg (2.03%), Vitamin D: 0.21µg (1.41%), Vitamin B12: 0.06µg (1.01%)