

SIDE DISH

Radish Vichyssoise

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.66	109 kcal

You can never have too many side dish recipes, so give Radish Vichyssoise a try. This recipe makes 12 servings with 109 calories, 4g of protein, and 3g of fat each. For 66 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies...

Ingredients

- ☐ 1½ pounds baking potatoes, peeled and cut into 1-inch pieces
- ☐ 1 tablespoon butter
- ☐ ¼ cup chopped fresh chives
- ☐ 2 cups 2% reduced-fat milk
- ☐ 1½ cups thinly sliced onion
- ☐ 1 teaspoon salt
- ☐ ¼ teaspoon black pepper
- ☐ 3 cups fat-free, less-sodium chicken broth
- ☐ 0.1 teaspoon ground nutmeg
- ☐ ¾ cup reduced-fat sour cream
- ☐ 1 pound 20 radishes, halved (about

EQUIPMENT Bowl, Sauce pan, Whisk, Blender

Method

- 1

Melt butter in a large saucepan over medium heat.
- 2

Add onion; cook 5 minutes or until tender, stirring frequently.
- 3

Add radishes and potatoes, tossing to coat with butter. Stir in broth and milk; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potatoes are tender. Cool 10 minutes.

- 4 Place half of radish mixture in a blender; process until smooth.
- 5 Pour pureed soup into a large bowl. Repeat procedure with remaining radish mixture. Cover and chill at least 2 hours.
- 6 Add sour cream, salt, pepper, and nutmeg, stirring with a whisk. Cover and chill at least 4 hours or up to overnight.
- 7 Sprinkle with chives; garnish with radish slices, if desired.

Nutrition per serving

109	4 g	3 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.1 g · 13% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			4 g · 4% of daily needs
Sodium			482 mg · 21% of daily needs
Cholesterol			10.7 mg · 4% of daily needs
Vitamin C			11 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/radish-vichyssoise-148358