



Smoked Haddock Soup

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves dried whole
- ☐ 12 peppercorns whole black
- ☐ 1 large fennel bulb cut into medium dice (2 cups total)
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 10 sprigs rosemary leaves fresh
- ☐ 20 sprigs thyme sprigs fresh
- ☐ 2 quarts cup heavy whipping cream
- ☐ 2 large leek white green cut into 1/2-inch pieces (2 cups total)

- ☐ 1 pound haddock smoked flaked (2 cups total)
- ☐ 2 tablespoons butter unsalted

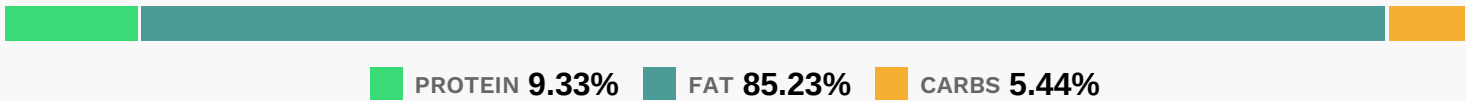
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Wrap the rosemary, thyme, bay leaves, and peppercorns in the cheesecloth and secure with the kitchen string. Set aside.
- ☐ In a medium saucepan over moderate heat, melt the butter.
- ☐ Add the leeks and fennel and sauté, stirring occasionally, until softened, 8 to 10 minutes.
- ☐ Add the heavy cream and bring to a boil. Reduce heat to low, add the herb package, and simmer until the soup is reduced by about one third, 20 to 25 minutes.
- ☐ Add haddock, cover, and simmer an additional 5 minutes. Season to taste. Divide soup among 8 bowls, making sure to evenly distribute the fish and vegetables.
- ☐ Sprinkle each dish with dill and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:16.308695419975%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 736.87kcal (36.84%), Fat: 71.18g (109.51%), Saturated Fat: 45.09g (281.82%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 8.84g (3.22%), Sugar: 7.14g (7.94%), Cholesterol: 254.82mg (84.94%), Sodium: 413.51mg (17.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Vitamin A: 3322.63IU (66.45%), Selenium: 25.51µg (36.45%), Vitamin K: 29.56µg (28.15%), Phosphorus: 244.68mg (24.47%), Vitamin B2: 0.4mg (23.64%), Vitamin D: 3.43µg (22.89%), Calcium: 179.07mg (17.91%), Vitamin B12: 1.03µg (17.22%), Vitamin E: 2.36mg (15.71%), Vitamin B6: 0.31mg (15.42%), Potassium: 512.77mg (14.65%), Vitamin B3: 2.68mg (13.42%), Magnesium: 50.33mg (12.58%), Vitamin C: 9.38mg (11.37%), Manganese: 0.2mg (9.96%), Iron: 1.75mg (9.73%), Folate: 33.35µg (8.34%), Vitamin B5: 0.65mg (6.53%), Fiber: 1.38g (5.51%), Zinc: 0.79mg (5.28%), Vitamin B1: 0.07mg (4.9%), Copper: 0.09mg (4.52%)