

Vichyssoise

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



923 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter
- 3 cups chicken bouillon
- 6 servings chives chopped
- 0.5 teaspoon pepper black
- 5.5 cups cup heavy whipping cream sour
- 6 leek cleaned cut into 1 inch pieces
- 1 dash nutmeg
- 2 cups potatoes raw diced finely

1 teaspoon salt

Equipment

frying pan

blender

Directions

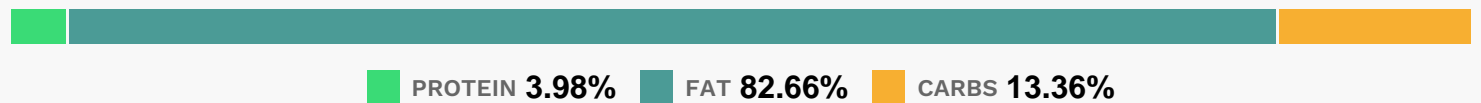
Cook the potatoes in salted water to cover until just tender. Melt the butter in a skillet and cool the leeks gently, tossing them lightly, for a few minutes.

Add the chicken bouillon and bring to a boil. Lower the heat and simmer the leeks until tender.

Add the potatoes to the leeks and the broth and season to taste with salt, papper and nutmeg. Put this mixture in the blender (you will need to blend it in two lots) and blend for 1 minute, or until smooth. Chill. When ready to serve, mix in sour cream or heavy cream.

Garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:12.55, Inflammation Score:-10, Nutrition Score:21.401304327923%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 923.19kcal (46.16%), Fat: 87g (133.85%), Saturated Fat: 55.14g (344.65%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 28.41g (10.33%), Sugar: 10.8g (12%), Cholesterol: 266.6mg (88.86%), Sodium: 1001.77mg (43.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.83%), Vitamin A: 4969.93IU (99.4%), Vitamin K: 53.2µg (50.66%), Vitamin C: 26.36mg (31.96%), Manganese: 0.57mg (28.59%), Vitamin B2: 0.47mg (27.78%), Vitamin B6: 0.5mg (24.75%), Vitamin D: 3.49µg (23.27%), Calcium: 216.43mg (21.64%), Phosphorus: 204.57mg (20.46%), Vitamin E: 3.07mg (20.43%), Folate: 79.55µg (19.89%), Potassium: 677.32mg (19.35%), Iron: 2.7mg (15%), Magnesium: 59.86mg (14.96%), Fiber: 3.24g (12.98%), Selenium: 8.35µg (11.93%), Copper: 0.22mg (11.2%), Vitamin B1: 0.16mg (10.49%), Vitamin B5: 0.92mg (9.16%), Vitamin B3: 1.3mg (6.48%), Vitamin B12: 0.36µg (6.08%), Zinc:

0.87mg (5.77%)