



Vichyssoise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

Ingredients

- 2.3 cups chicken stock see
- 6 servings pepper black to taste
- 1.1 cups cup heavy whipping cream
- 2 leek chopped
- 1 onion chopped
- 0.8 cup potatoes thinly sliced
- 6 servings salt to taste
- 2 tablespoons butter unsalted

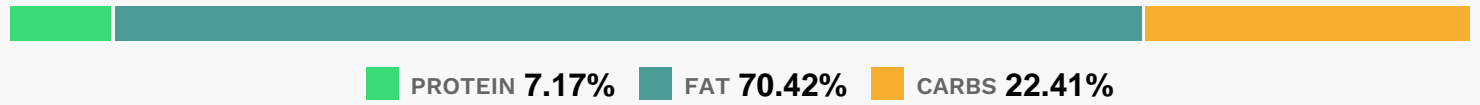
Equipment

- food processor
- sauce pan
- blender

Directions

- Gently sweat the chopped leeks and the chopped onion in butter or margarine until soft, about 8 minutes. Do NOT let them brown.
- Add potatoes and stock to the saucepan. Salt and pepper to taste; do not overdo them! Bring to the boil, and simmer very gently for 30 minutes.
- Puree in a blender or food processor until very smooth. Cool. Gently stir in the cream before serving.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:7.9499999906706%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 264.68kcal (13.23%), Fat: 21.15g (32.54%), Saturated Fat: 12.99g (81.18%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 13.69g (4.98%), Sugar: 4.92g (5.47%), Cholesterol: 63.26mg (21.09%), Sodium: 348.08mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Vitamin A: 1271.39IU (25.43%), Vitamin K: 16.62µg (15.83%), Vitamin C: 10.54mg (12.78%), Vitamin B6: 0.24mg (12.08%), Manganese: 0.22mg (11.02%), Vitamin B2: 0.19mg (11.01%), Vitamin B3: 1.92mg (9.61%), Potassium: 333.56mg (9.53%), Folate: 33.28µg (8.32%), Phosphorus: 83.02mg (8.3%), Copper: 0.13mg (6.43%), Iron: 1.12mg (6.22%), Vitamin B1: 0.09mg (5.94%), Calcium: 58.81mg (5.88%), Magnesium: 23.3mg (5.83%), Fiber: 1.45g (5.79%), Selenium: 3.91µg (5.59%), Vitamin E: 0.83mg (5.51%), Vitamin D: 0.78µg (5.23%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.08µg (1.32%)