



Vichyssoise



Vegetarian



Gluten Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

Ingredients

- ☐ 4 Tbsp butter
- ☐ 4 cups leeks white green cleaned sliced (see How to Clean Leeks) (from 4 large leeks)
- ☐ 1 medium onion sliced chopped
- ☐ 2 lbs yukon gold potatoes peeled chopped
- ☐ 6 cups chicken stock see (vegetarian option)
- ☐ 2 teaspoons kosher salt to taste (more)
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup heavy whipping cream

- ☐ 6 servings chives fresh chopped for garnish

Equipment

- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ spatula
- ☐ immersion blender

Directions

- ☐ Heat butter until it begins to brown: In a large (6-quart) pot, heat the butter on medium high heat until it melts and foams up. Continue to heat until the foam subsides a little and the butter just begins to brown.
- ☐ Sauté leeks and onions: Immediately toss in the sliced leeks and onions. Stir to coat with the butter. Cook for several minutes, reducing the heat to medium if necessary, until the leeks and onions are translucent and wilted.
- ☐ Add potatoes, water or stock, salt, bring to simmer:
- ☐ Add the chopped potatoes, salt, and water or stock. Bring to a boil, reduce to a simmer. Cook, partially covered for 30–40 minutes, until the potatoes are completely cooked through.
- ☐ Remove from heat.
- ☐ Purée until smooth: Purée using an immersion blender or working in batches, blend in a blender. (Careful! With hot liquids only fill the blender 1/3 of the way full, and hold the blender top on with your hand while blending.) Purée until completely smooth.
- ☐ If you want an even smoother soup, you can take the extra step of pressing the purée through a sieve with a rubber spatula.
- ☐ Cool and stir in sour cream and whipped cream: Allow to cool a bit before stirring in the sour cream and whipped cream. Allow to cool completely and chill in the refrigerator. The soup should be served just below room temperature (maybe 65°F or 18°C). If it is too cold, it won't taste as good.
- ☐ Add more salt to taste.
- ☐ Serve garnished with chopped fresh chives.

Nutrition Facts



 **PROTEIN 10.61%**  **FAT 45.85%**  **CARBS 43.54%**

Properties

Glycemic Index:39.63, Glycemic Load:22.08, Inflammation Score:-9, Nutrition Score:18.946956707084%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 419.91kcal (21%), Fat: 21.78g (33.5%), Saturated Fat: 12.21g (76.29%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 41.79g (15.2%), Sugar: 9.32g (10.36%), Cholesterol: 61.27mg (20.42%), Sodium: 1212.23mg (52.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Vitamin C: 39.62mg (48.02%), Vitamin B6: 0.77mg (38.46%), Vitamin A: 1690.74IU (33.81%), Vitamin K: 35.03µg (33.36%), Potassium: 1070.3mg (30.58%), Vitamin B3: 5.69mg (28.43%), Manganese: 0.55mg (27.42%), Phosphorus: 205.99mg (20.6%), Vitamin B2: 0.35mg (20.53%), Folate: 80.93µg (20.23%), Copper: 0.38mg (18.95%), Fiber: 4.73g (18.92%), Vitamin B1: 0.26mg (17.2%), Iron: 3.03mg (16.81%), Magnesium: 66.76mg (16.69%), Selenium: 7.83µg (11.18%), Calcium: 100.69mg (10.07%), Vitamin E: 1.11mg (7.42%), Vitamin B5: 0.68mg (6.82%), Zinc: 1mg (6.69%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.09µg (1.47%)