



Watercress-Buttermilk Soup

 Vegetarian  Gluten Free

READY IN



220 min.

SERVINGS



10

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 oz baby spinach fresh
- ☐ 2 tablespoons butter
- ☐ 1 sprigs buttermilk fresh chopped
- ☐ 2 cups buttermilk whole
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon pepper black finely
- ☐ 1 pinch ground pepper red
- ☐ 1 teaspoon kosher salt

- ☐ 1 medium leek
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 lb baking potatoes peeled cut into 1-inch cubes
- ☐ 6 cups vegetable stock organic
- ☐ 8 oz watercress loosely packed (16 cups)

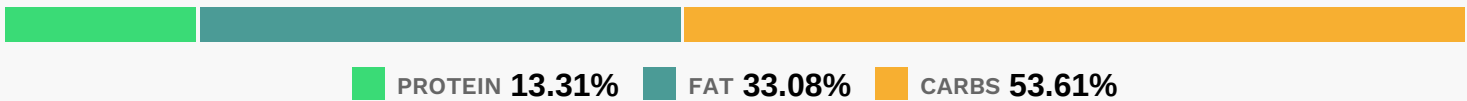
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Remove and discard root end and dark green top of leek.
- ☐ Cut in half lengthwise, and rinse under cold running water to remove grit and sand. Thinly slice leek.
- ☐ Melt butter in a Dutch oven over medium heat; add leek, and saut 8 to 10 minutes or until tender.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add broth and potato; cover and cook, stirring occasionally, 20 minutes or until potato is tender.
- ☐ Remove from heat, and add spinach and next 4 ingredients, stirring until spinach is wilted.
- ☐ Puree soup with a blender until smooth; pour into a large bowl.
- ☐ Whisk in buttermilk and lemon juice; add salt and pepper to taste.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:8.5, Inflammation Score:-9, Nutrition Score:13.629565228587%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 6.37mg, Kaempferol: 6.37mg, Kaempferol: 6.37mg, Kaempferol: 6.37mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 104.81kcal (5.24%), Fat: 4.01g (6.17%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 13.41g (4.88%), Sugar: 4.3g (4.78%), Cholesterol: 11.31mg (3.77%), Sodium: 889.68mg (38.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin K: 130.68µg (124.46%), Vitamin A: 2656.12IU (53.12%), Vitamin C: 17.68mg (21.43%), Manganese: 0.32mg (15.85%), Vitamin B6: 0.26mg (12.8%), Potassium: 428.01mg (12.23%), Folate: 44.21µg (11.05%), Calcium: 109.56mg (10.96%), Vitamin B2: 0.16mg (9.18%), Phosphorus: 90.86mg (9.09%), Magnesium: 34.05mg (8.51%), Vitamin B1: 0.1mg (6.51%), Iron: 1.04mg (5.77%), Copper: 0.11mg (5.39%), Fiber: 1.21g (4.84%), Vitamin E: 0.7mg (4.7%), Vitamin B5: 0.42mg (4.18%), Vitamin D: 0.63µg (4.17%), Vitamin B12: 0.23µg (3.77%), Selenium: 2.47µg (3.53%), Vitamin B3: 0.7mg (3.51%), Zinc: 0.43mg (2.89%)