

# Watercress Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2.5 cups chicken stock see
- 0.3 teaspoon ground pepper black
- 0.3 cup whipped heavy cream
- 2.5 cups milk
- 1 onion chopped
- 1 potatoes cubed peeled
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil

- 1.5 pounds watercress
- 0.5 cup watercress leaves for garnish

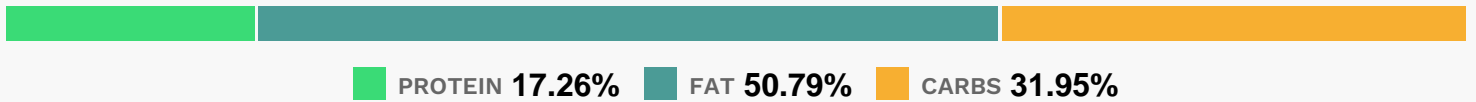
## Equipment

- sauce pan

## Directions

- Heat the oil in a large saucepan over medium high heat.
- Add the potato and onion, stirring to coat with the oil. Season with salt and pepper to taste. Reduce heat to medium, cover and heat for 5 minutes.
- Pour in the chicken stock and the milk, bring just to a boil, reduce heat to low and simmer for 10 minutes, or until potatoes are tender. Stir in the watercress and simmer, uncovered, for 4 to 5 minutes, or until watercress is just cooked.
- Place in refrigerator if not serving at this point.)
- Top each serving with a dollop of whipped cream, if desired and garnish with watercress leaves.

## Nutrition Facts



## Properties

Glycemic Index:40.79, Glycemic Load:7.03, Inflammation Score:-10, Nutrition Score:22.096521667812%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 27.17mg, Kaempferol: 27.17mg, Kaempferol: 27.17mg, Kaempferol: 27.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 38.83mg, Quercetin: 38.83mg, Quercetin: 38.83mg

## Nutrients (% of daily need)

Calories: 218.45kcal (10.92%), Fat: 12.74g (19.59%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 16.33g (5.94%), Sugar: 8.05g (8.94%), Cholesterol: 26.41mg (8.8%), Sodium: 331.74mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.47%), Vitamin K: 300.62µg (286.31%), Vitamin A:

4023.95IU (80.48%), Vitamin C: 58.59mg (71.02%), Calcium: 282.98mg (28.3%), Potassium: 827.83mg (23.65%), Vitamin B2: 0.4mg (23.52%), Phosphorus: 230.86mg (23.09%), Vitamin B6: 0.4mg (20.17%), Manganese: 0.38mg (18.83%), Vitamin B1: 0.24mg (15.7%), Magnesium: 51.45mg (12.86%), Vitamin B3: 2.32mg (11.61%), Vitamin E: 1.71mg (11.42%), Copper: 0.19mg (9.61%), Vitamin B12: 0.56µg (9.41%), Vitamin B5: 0.89mg (8.94%), Vitamin D: 1.28µg (8.51%), Selenium: 5.68µg (8.11%), Fiber: 1.69g (6.78%), Folate: 25.03µg (6.26%), Zinc: 0.84mg (5.63%), Iron: 0.78mg (4.32%)