

## Watercress Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



142 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 3 tablespoons chives fresh divided thinly sliced
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 10 servings pepper black freshly ground
- ☐ 1.5 teaspoons juice of lemon fresh ()
- ☐ 2 quarts chicken broth
- ☐ 1 pound baking potatoes peeled cut into 1/2" cubes
- ☐ 2 pounds watercress trimmed chopped ( 20 cups)
- ☐ 2 tablespoons butter unsalted ()

☐ 1 medium onion yellow chopped

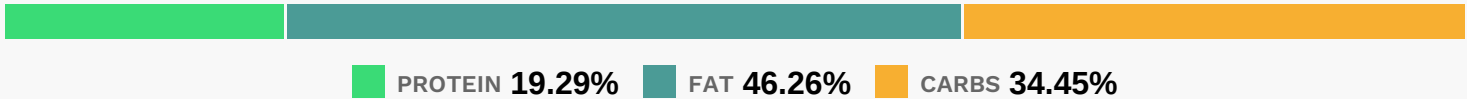
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ blender

## Directions

- ☐ Melt butter in a medium pot over medium heat.
- ☐ Add onion and cook, stirring often, until softened, 5–6 minutes.
- ☐ Add broth and potatoes; bring to a boil over medium–high heat. Reduce heat to medium and simmer, stirring occasionally, until potatoes are tender, about 20 minutes.
- ☐ Remove from heat.
- ☐ Add watercress to pot; stir until leaves wilt.
- ☐ Let soup cool briefly. Working in batches, purée soup in a blender until smooth. Return soup to same pot. Stir in 1 1/2 teaspoons lemon juice. Season to taste with salt, pepper, and more lemon juice, if desired. DO AHEAD: Can be made 8 hours ahead. Cover and chill.
- ☐ Whisk cream with a pinch of salt in a large bowl until soft peaks form. Fold in 1 1/2 tablespoons chives.
- ☐ Rewarm soup gently over low heat. Divide soup among demitasse or small tea cups and garnish each cup with a dollop of whipped cream.
- ☐ Sprinkle remaining 1 1/2 tablespoons chives over.

## Nutrition Facts



## Properties

Glycemic Index:22.08, Glycemic Load:6.92, Inflammation Score:-9, Nutrition Score:16.959130370099%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 21.05mg, Kaempferol: 21.05mg, Kaempferol: 21.05mg, Kaempferol: 21.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 29.49mg, Quercetin: 29.49mg, Quercetin: 29.49mg, Quercetin: 29.49mg

Nutrients (% of daily need)

Calories: 141.72kcal (7.09%), Fat: 7.85g (12.08%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 11.88g (4.32%), Sugar: 1.56g (1.73%), Cholesterol: 19.47mg (6.49%), Sodium: 100.26mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Vitamin K: 230.31µg (219.35%), Vitamin A: 3180.17IU (63.6%), Vitamin C: 43.29mg (52.48%), Potassium: 684.09mg (19.55%), Vitamin B3: 3.27mg (16.37%), Manganese: 0.32mg (16.16%), Vitamin B6: 0.31mg (15.59%), Phosphorus: 147.66mg (14.77%), Calcium: 134.7mg (13.47%), Vitamin B2: 0.21mg (12.25%), Copper: 0.22mg (11.1%), Magnesium: 33.96mg (8.49%), Vitamin B1: 0.13mg (8.49%), Vitamin E: 1.09mg (7.28%), Iron: 1.03mg (5.72%), Fiber: 1.28g (5.12%), Vitamin B5: 0.47mg (4.7%), Folate: 18.28µg (4.57%), Vitamin B12: 0.21µg (3.55%), Zinc: 0.48mg (3.18%), Selenium: 1.45µg (2.07%), Vitamin D: 0.23µg (1.55%)