



Watercress Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



160 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 2 cups onion white yellow chopped
- 6 servings salt
- 1 cup vegetable stock for vegetarian version (wine or veg stock)
- 1 pound potatoes peeled cut into chunks
- 6 cups water
- 6 cups watercress fresh chopped
- 0.5 teaspoon pepper black

6 tablespoons cup heavy whipping cream sour for garnish

Equipment

bowl

pot

blender

immersion blender

Directions

Cook the onions: In a large pot, heat the butter until frothy, then cook the onions over medium heat until soft and translucent, about 5 minutes. Salt the onions as they cook.

Add the wine or stock, potatoes and water and bring to a boil. Turn the heat down to low, cover the pot and simmer until the potatoes are soft, about 30 minutes.

Add the watercress to the pot. Stir well and cook for 2 minutes.

Purée the soup: Turn off the heat and purée the soup with an immersion blender. If you don't have an immersion blender, pour the soup in batches into a blender and transfer the blended soup to a clean pot. Be careful when blending hot liquids to only fill the bowl a third of the way, and to hold down the blender's lid while you purée the soup.

Season and garnish to serve:

Add salt to taste, then add the black pepper. You can either stir the sour cream into the whole batch of soup, or serve a tablespoon in the center of each person's bowl.

Nutrition Facts

  
 **PROTEIN 7.88%**  **FAT 44.34%**  **CARBS 47.78%**

Properties

Glycemic Index:44.96, Glycemic Load:11.1, Inflammation Score:-8, Nutrition Score:12.506086847057%

Flavonoids

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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 8.78mg, Kaempferol: 8.78mg, Kaempferol: 8.78mg, Kaempferol: 8.78mg

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 21.55mg, Quercetin: 21.55mg, Quercetin: 21.55mg, Quercetin: 21.55mg

Nutrients (% of daily need)

Calories: 159.61kcal (7.98%), Fat: 8.17g (12.56%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 17.01g (6.19%), Sugar: 3.67g (4.07%), Cholesterol: 22.13mg (7.38%), Sodium: 431.66mg (18.77%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.27g (6.53%), Vitamin K: 87.59µg (83.42%), Vitamin C: 33.57mg (40.69%), Vitamin A: 1421.55IU (28.43%), Vitamin B6: 0.34mg (16.82%), Potassium: 527.27mg (15.06%), Manganese: 0.29mg (14.53%), Fiber: 2.78g (11.13%), Phosphorus: 90.02mg (9%), Copper: 0.17mg (8.55%), Magnesium: 33.86mg (8.46%), Calcium: 83.89mg (8.39%), Vitamin B1: 0.12mg (7.9%), Folate: 26.25µg (6.56%), Vitamin B2: 0.1mg (6.01%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.45mg (4.45%), Iron: 0.8mg (4.43%), Vitamin E: 0.57mg (3.79%), Zinc: 0.42mg (2.8%), Selenium: 1.32µg (1.89%)