



Watercress Soup and Ham Biscuits

READY IN



20 min.

SERVINGS



4

CALORIES



451 kcal

Ingredients

- ☐ 4 biscuits homemade store-bought (or)
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cooking wine dry white
- ☐ 4 ounces ham thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 3 medium leeks light white green (and parts)
- ☐ 2 tablespoons butter unsalted
- ☐ 3 cups vegetable broth low-sodium
- ☐ 2 bunches watercress
- ☐ 1.5 pounds yukon gold potatoes peeled cut into 1/2-inch pieces (, if desired)

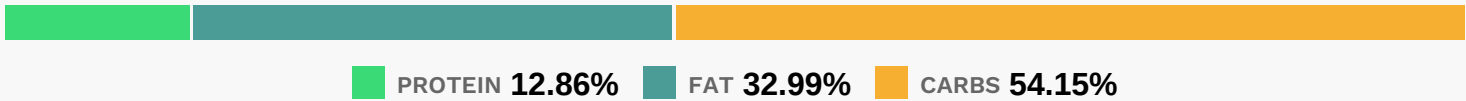
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Slice each leek in half lengthwise, then slice each half into 1/2-inch-thick half-moons.
- ☐ Place in a large bowl of cold water and swish.
- ☐ Drain and pat dry. Melt the butter in a large saucepan over medium heat.
- ☐ Add the leeks and cook for 3 minutes.
- ☐ Add the potatoes, wine, and broth and bring to a boil. Reduce heat, cover partially, and simmer until the potatoes are tender, about 15 minutes.
- ☐ Remove from heat and add the salt, pepper, and watercress. Stir until the watercress wilts. Meanwhile, slice each biscuit in half.
- ☐ Place the ham on the bottoms and sandwich with the tops. Ladle the soup into individual bowls and serve with the ham biscuits. Tip: To make a creamier soup, puree half of it in a blender or food processor just before serving. Return the puree to the pot to rewarm it.

Nutrition Facts



Properties

Glycemic Index:64.94, Glycemic Load:32.97, Inflammation Score:-9, Nutrition Score:23.22913070347%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg,

Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg
Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 6.03mg,
Kaempferol: 6.03mg, Kaempferol: 6.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin:
0.18mg, Myricetin: 0.18mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 451.46kcal (22.57%), Fat: 15.26g (23.47%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 56.34g
(18.78%), Net Carbohydrates: 50.2g (18.25%), Sugar: 6.23g (6.92%), Cholesterol: 32.9mg (10.97%), Sodium:
1204.69mg (52.38%), Alcohol: 6.18g (100%), Alcohol %: 1.42% (100%), Protein: 13.38g (26.77%), Vitamin K: 67.9µg
(64.66%), Vitamin C: 46.89mg (56.84%), Vitamin B6: 0.82mg (41.22%), Manganese: 0.81mg (40.48%), Vitamin A:
1691.15IU (33.82%), Vitamin B1: 0.48mg (31.77%), Phosphorus: 317.26mg (31.73%), Potassium: 1065.13mg (30.43%),
Fiber: 6.14g (24.58%), Folate: 91.64µg (22.91%), Iron: 4.07mg (22.62%), Vitamin B3: 4.32mg (21.62%), Magnesium:
76.78mg (19.2%), Selenium: 12.94µg (18.48%), Copper: 0.32mg (16.25%), Vitamin B2: 0.24mg (14.27%), Calcium:
98mg (9.8%), Zinc: 1.46mg (9.7%), Vitamin E: 1.38mg (9.19%), Vitamin B5: 0.88mg (8.83%), Vitamin B12: 0.23µg
(3.85%), Vitamin D: 0.3µg (2.02%)