



Watercress Soup II

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



341 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 1 quart chicken broth
- 0.5 cup flour all-purpose
- 2 cups half-and-half cream
- 12 ounces watercress chopped

Equipment

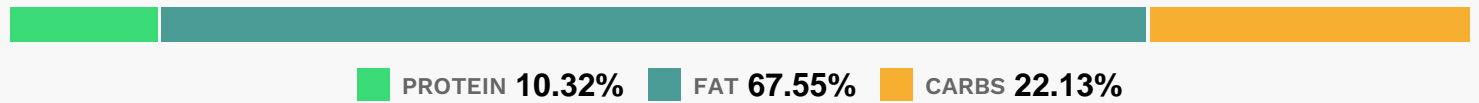
- frying pan
- sauce pan

- whisk
- blender
- immersion blender

Directions

- Melt butter in a saucepan over medium heat.
- Whisk in flour, and cook stirring constantly for a few minutes.
- Remove from heat, and gradually whisk in the chicken broth so that no lumps form.
- Return to medium heat, and bring to a simmer.
- Add watercress, cover, and cook over low heat for 20 minutes. Puree in small batches using a blender, or blend in the pan using an immersion blender. Return to the saucepan, and stir in the half-and-half cream.
- Heat until warm, but do not boil.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:8.85, Inflammation Score:-10, Nutrition Score:19.334347673084%

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 Kaempferol: 19.59mg, Kaempferol: 19.59mg, Kaempferol: 19.59mg, Kaempferol: 19.59mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 25.51mg, Quercetin: 25.51mg, Quercetin: 25.51mg, Quercetin: 25.51mg

Nutrients (% of daily need)

Calories: 340.66kcal (17.03%), Fat: 26.16g (40.24%), Saturated Fat: 15.88g (99.23%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 18.43g (6.7%), Sugar: 6.24g (6.93%), Cholesterol: 77.58mg (25.86%), Sodium: 1077.96mg (46.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Vitamin K: 215.23µg (204.99%), Vitamin A: 3501.52IU (70.03%), Vitamin C: 37.66mg (45.65%), Vitamin B2: 0.56mg (32.85%), Calcium: 246.74mg (24.67%), Manganese: 0.42mg (21.21%), Phosphorus: 195.72mg (19.57%), Vitamin B1: 0.29mg (19.06%), Selenium: 11.02µg (15.75%), Potassium: 503.09mg (14.37%), Vitamin E: 1.59mg (10.57%), Folate: 40.3µg (10.08%), Magnesium: 36.05mg (9.01%), Vitamin B6: 0.18mg (8.88%), Vitamin B3: 1.75mg (8.74%), Vitamin B5: 0.72mg (7.19%), Copper: 0.13mg (6.72%), Iron: 1.12mg (6.24%), Zinc: 0.85mg (5.69%), Vitamin B12: 0.3µg (5.02%), Fiber: 0.85g

(3.39%)