



Watercress Vichyssoise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cup heavy whipping cream
- ☐ 16 fl. oz. chicken broth low-sodium
- ☐ 1 small onion finely chopped
- ☐ 0.3 lb potato boiling peeled cut into 1/2-inch pieces
- ☐ 4 cups watercress coarsely chopped (1 large bunch)

Equipment

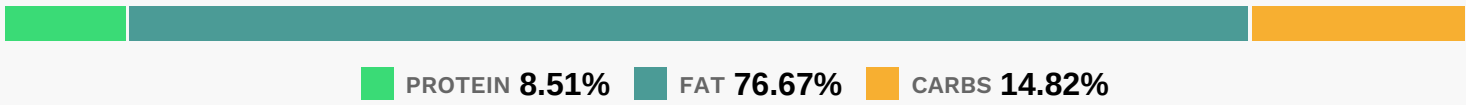
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Simmer potato, onion, broth, and cream, uncovered, in a 3- to 4-quart heavy saucepan until vegetables are soft, about 10 minutes. Stir in watercress and cook mixture, uncovered, over moderately low heat 3 minutes more.
- ☐ Purée soup in 2 batches in a blender until very smooth, about 45 seconds per batch (use caution when blending hot liquids). Force soup through a fine-mesh sieve into a bowl, pressing hard on solids and then discarding them. Season with salt and pepper and let soup stand, uncovered, until cool, 45 minutes, then chill, covered, 1 1/2 hours.
- ☐ • Soup can be chilled quickly in a metal bowl set in a larger bowl of ice and cold water. Stir occasionally for 15 minutes, then remove from cold water and refrigerate, covered, until cold, about 30 minutes. • Soup can be chilled, covered, up to 2 days.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:11.658261029617%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 7.94mg, Kaempferol: 7.94mg, Kaempferol: 7.94mg, Kaempferol: 7.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.93mg, Quercetin: 13.93mg, Quercetin: 13.93mg, Quercetin: 13.93mg

Nutrients (% of daily need)

Calories: 251.81kcal (12.59%), Fat: 22.28g (34.28%), Saturated Fat: 13.92g (87.02%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 8.74g (3.18%), Sugar: 3.07g (3.41%), Cholesterol: 67.24mg (22.41%), Sodium: 71.29mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Vitamin K: 87.8µg (83.62%), Vitamin A: 1961.92IU (39.24%), Vitamin C: 18.71mg (22.68%), Potassium: 424.99mg (12.14%), Vitamin B2: 0.2mg (11.86%), Phosphorus: 112.76mg (11.28%), Vitamin B3: 2.07mg (10.36%), Calcium: 91.66mg (9.17%), Manganese: 0.15mg (7.31%), Vitamin B6: 0.15mg (7.29%), Copper: 0.14mg (6.89%), Vitamin D: 0.95µg (6.35%), Vitamin E: 0.89mg (5.96%), Magnesium: 20.47mg (5.12%), Vitamin B1: 0.07mg (4.9%), Fiber: 0.95g (3.8%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.21µg

(3.56%), Folate: 13.87µg (3.47%), Iron: 0.62mg (3.44%), Selenium: 2.32µg (3.31%), Zinc: 0.42mg (2.81%)