



## Watercress Vichyssoise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

### Ingredients

- ☐ 1 quart fat-skimmed chicken broth
- ☐ 1 pound thin-skinned potatoes
- ☐ 6 servings salt and pepper
- ☐ 2 qt watercress
- ☐ 1.5 cups whipping cream low-fat (see notes)

### Equipment

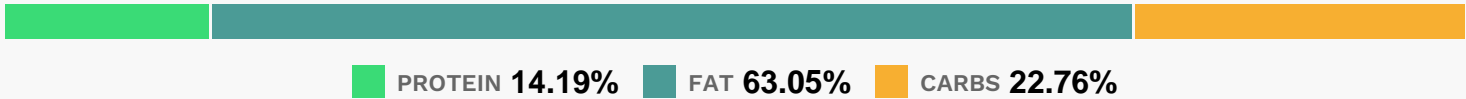
- ☐ bowl
- ☐ frying pan

- ☐ ladle
- ☐ blender

## Directions

- ☐ Peel potatoes and cut into 3/4-inch chunks. In a 3- to 4-quart pan over high heat, bring potatoes and broth to a boil; cover, reduce heat, and simmer until potatoes are tender when pierced, 18 to 25 minutes.
- ☐ Meanwhile, rinse and drain watercress. Pick six tender sprigs from stems and reserve. Coarsely chop remaining watercress, including stems; you should have 2 1/2 to 3 cups. Stir chopped watercress into potato-broth mixture and cook just until watercress is bright green and wilted, about 1 minute.
- ☐ Pour half the potato-watercress mixture into a blender and, holding lid closed with a towel, whirl until smooth.
- ☐ Pour into a bowl. Repeat to pure remaining soup; pour into bowl. Stir in buttermilk.
- ☐ To serve soup hot, return to pan and stir over medium heat just until steaming (do not boil). To serve cold, cover and chill until cold, 3 to 4 hours.
- ☐ Ladle into bowls.
- ☐ Add salt and pepper to taste.
- ☐ Garnish with reserved watercress sprigs.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:30.419130532638%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 72.65mg, Kaempferol: 72.65mg, Kaempferol: 72.65mg, Kaempferol: 72.65mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 95.1mg, Quercetin: 95.1mg, Quercetin: 95.1mg, Quercetin: 95.1mg

## Nutrients (% of daily need)

Calories: 296.23kcal (14.81%), Fat: 22.17g (34.11%), Saturated Fat: 13.8g (86.23%), Carbohydrates: 18g (6%), Net Carbohydrates: 15.14g (5.5%), Sugar: 3.58g (3.98%), Cholesterol: 67.24mg (22.41%), Sodium: 997.9mg (43.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.45%), Vitamin K: 792.72µg (754.98%), Vitamin A: 10945.98IU (218.92%), Vitamin C: 142.5mg (172.73%), Manganese: 0.89mg (44.74%), Calcium: 431.8mg (43.18%), Potassium: 1488.85mg (42.54%), Vitamin B2: 0.55mg (32.17%), Vitamin B6: 0.58mg (28.92%), Phosphorus: 287.25mg (28.72%), Vitamin E: 3.71mg (24.73%), Vitamin B1: 0.37mg (24.54%), Magnesium: 88.62mg (22.16%), Copper: 0.38mg (19.04%), Vitamin B5: 1.53mg (15.3%), Selenium: 8.47µg (12.1%), Vitamin B3: 2.42mg (12.09%), Folate: 45.96µg (11.49%), Fiber: 2.86g (11.45%), Iron: 1.46mg (8.14%), Vitamin B12: 0.41µg (6.84%), Vitamin D: 0.95µg (6.35%), Zinc: 0.77mg (5.14%)