



Zucchini and Saffron Vichyssoise with Scallops

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 5 cups chicken broth
- ☐ 0.5 teaspoon thyme sprigs fresh packed
- ☐ 1 teaspoon garlic chopped
- ☐ 0.5 cup heavy whipping cream chilled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 medium onion chopped

- ☐ 1 pound potato boiling
- ☐ 0.3 teaspoon saffron threads crumbled finely
- ☐ 1.3 teaspoons salt
- ☐ 4 large scallops (4 ounces total)
- ☐ 1 bay leaves
- ☐ 3 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 2 pounds zucchini (5-inch-long)

Equipment

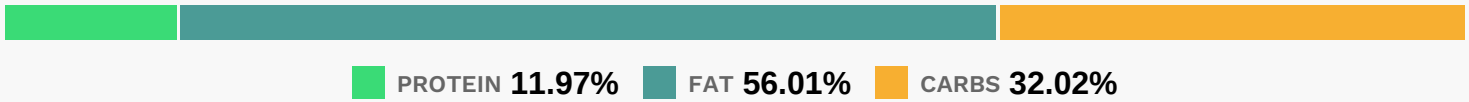
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Thinly julienne zucchini lengthwise with slicer, working around core, into 1/4-inch-thick ribbons.
- ☐ Cut zucchini cores into 1/2-inch pieces.
- ☐ Peel potatoes and cut into 1/2-inch pieces. Cook onion in butter in a 5-quart heavy pot over moderate heat, stirring occasionally, until softened, about 10 minutes.
- ☐ Add potatoes, garlic, and saffron and cook, stirring, 1 minute.
- ☐ Add broth, bay leaf, and thyme and simmer, uncovered, until potatoes are tender, about 20 minutes.
- ☐ Add chopped zucchini cores and simmer, uncovered, until zucchini is very tender, about 8 minutes.
- ☐ Purée soup in batches in a blender until very smooth (use caution when blending hot liquids) and pour through a fine sieve into a bowl. Stir in cream, lemon juice, salt, and pepper, then

- cool to room temperature, uncovered. Chill soup, covered, until cold, at least 4 hours and up to 2 days.
- ☐ While soup is chilling, cook julienned zucchini in boiling salted water until crisp-tender, about 30 seconds, then drain and transfer to a bowl of ice and cold water.
 - ☐ Drain and pat dry with paper towels. Season with salt and pepper and chill, covered.
 - ☐ Before serving soup, cut each scallop horizontally into 3 rounds and pat dry.
 - ☐ Heat oil in a large nonstick skillet over high heat until hot but not smoking, then sear scallops until golden brown, 20 to 30 seconds on each side, and season with salt.
 - ☐ Serve soup with zucchini mounded in center, topped with scallop rounds.
 - ☐ ·Julienned zucchini can be cooked 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:10.098260972811%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 188.04kcal (9.4%), Fat: 12.18g (18.73%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 13.29g (4.83%), Sugar: 5.25g (5.84%), Cholesterol: 34.63mg (11.54%), Sodium: 991.59mg (43.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Vitamin C: 27.09mg (32.84%), Manganese: 0.39mg (19.41%), Potassium: 651.18mg (18.61%), Vitamin B6: 0.32mg (16.01%), Phosphorus: 148.45mg (14.85%), Vitamin B2: 0.25mg (14.58%), Vitamin A: 591.47IU (11.83%), Folate: 43.54µg (10.88%), Magnesium: 40.68mg (10.17%), Vitamin K: 10.65µg (10.15%), Fiber: 2.38g (9.52%), Vitamin B1: 0.14mg (9.31%), Copper: 0.17mg (8.63%), Vitamin B3: 1.62mg (8.12%), Iron: 1.08mg (6.01%), Zinc: 0.86mg (5.75%), Selenium: 3.64µg (5.21%), Vitamin B5: 0.5mg (5.01%), Calcium: 46.7mg (4.67%), Vitamin B12: 0.27µg (4.56%), Vitamin E: 0.6mg (4.03%), Vitamin D: 0.32µg (2.11%)