



Zucchini Vichyssoise

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 6 servings chives fresh julienned for garnish
- 2 tablespoons heavy cream
- 1 teaspoon kosher salt
- 5 cups leeks light white green chopped (4 to 8 leeks)
- 1 tablespoon olive oil good
- 1 tablespoon butter unsalted
- 4 cups potatoes white boiling unpeeled chopped (8 small)

3 cups zucchini chopped (2 zucchini)

Equipment

pot

Directions

Watch how to make this recipe.

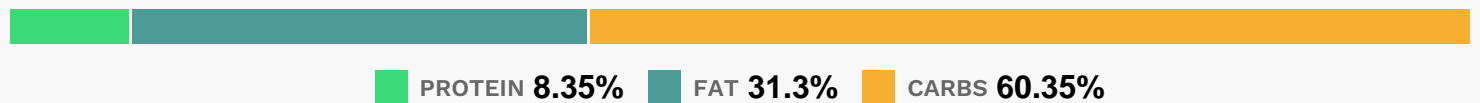
Heat the butter and oil in a large stockpot, add the leeks, and saute over medium-low heat for 5 minutes.

Add the potatoes, zucchini, chicken stock, salt, and pepper; bring to a boil; then lower the heat and simmer for 30 minutes. Cool for a few minutes and then process through a food mill fitted with the medium disc.

Add the cream and season to taste.

Serve either cold or hot, garnished with chopped chives and/or zucchini.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:3.17, Inflammation Score:-8, Nutrition Score:14.192608748441%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 180.86kcal (9.04%), Fat: 6.6g (10.16%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 24.93g (9.07%), Sugar: 5.9g (6.55%), Cholesterol: 10.67mg (3.56%), Sodium: 427.09mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Vitamin K: 44.56µg (42.43%), Vitamin C: 29.21mg (35.4%), Manganese: 0.63mg (31.68%), Vitamin A: 1543.61IU (30.87%), Vitamin B6: 0.45mg (22.38%), Potassium: 760.91mg (21.74%), Folate: 81.69µg (20.42%), Fiber: 3.72g (14.89%), Iron: 2.57mg (14.28%), Magnesium: 55.04mg (13.76%), Copper: 0.26mg (13.04%), Phosphorus: 114.82mg (11.48%), Vitamin B1: 0.16mg (10.37%), Vitamin B3: 1.74mg (8.69%), Vitamin E: 1.21mg (8.04%), Vitamin B2: 0.12mg (7.25%), Calcium: 69.46mg (6.95%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.64mg (4.27%), Selenium: 1.56µg (2.22%)