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Watercress Soup ♦

Watercress soup is a classic vegetarian soup made with fresh watercress leaves and other ingredients. It is a nutritious and flavorful soup that can be enjoyed as a starter or a light meal. The soup has a vibrant green color and a refreshing taste.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Watercress
200 g	potato
100 g	onion
500 ml	vegetable broth
2 tbsp	olive oil

1 tsp	salt
0.5 tsp	pepper
2 cloves	garlic

Directions

Step 1

Preparation

Wash the watercress thoroughly and remove any tough stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Peel and chop the potato and onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic and sauté until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Boiling

Add the chopped potato, watercress, and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer until the potato is cooked through.

Prep Time: 5 mins

Cook Time: 15 mins

Step 5

Blending

Use an immersion blender or a regular blender to puree the soup until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue

Cuisines

Italian Vietnamese

Nutritional Content

Low Fat Low Carb High Fiber Low Sodium Sugar-Free High Vitamin C

Kitchen Tools

Blender

Oven

Course

Appetizers

Salads

Soups

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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