

# Red Radish and Arugula Soup

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-red-radish-soup-recipe>

## Ingredients:

- red radish A bunch of fresh
- 10 cups arugula fresh
- 3 celery branches
- 1 potato large
- 1 shallot
- 1 tablespoon butter
- chervil
- salt
- pepper
- celery salt
- goat cheese
- 1 dash heavy cream or crème fraîche
- whole wheat bread
- fleur de sel

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 4 grams
8. Sodium: 490 milligrams
9. Sugar: 3 grams

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