

Nettle Soup

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-nettle-soup-recipe>

Ingredients:

- 1/2 nettle large shopping bag of fresh, tops
- salt
- 1 tablespoon olive oil
- 1 teaspoon butter
- 1/2 cup shallots chopped
- 1/2 cup chopped celery
- 1 pound yukon gold potatoes peeled and chopped
- 4 cups chicken stock
- 2 cups water
- 1 bay leaf
- 1 teaspoon dried thyme or a couple sprigs of fresh thyme
- ground black pepper Freshly
- 1 1/2 tablespoons lemon juice
- 3 tablespoons heavy whipping cream

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 580 milligrams
9. Sugar: 5 grams

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