



Apple-Chestnut Soup with Parsley Croutons

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup apple juice unsweetened
- 1 cup celery coarsely chopped
- 4 cups gala apple peeled coarsely chopped
- 2 tablespoons olive oil
- 1 tablespoon sage finely chopped
- 2 cups shallots coarsely chopped
- 2 tablespoons butter unsalted ()
- 3 cups vegetable stock

2 cups water

Equipment

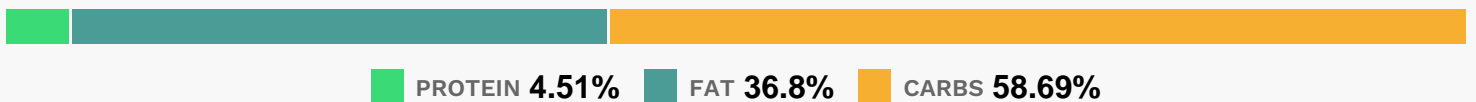
pot

blender

Directions

- Melt butter in a large pot over medium heat. When it foams, add olive oil, shallots, and celery and cook, stirring occasionally, until tender, about 5 minutes. Season well with salt and freshly ground black pepper.
- Add apples and sage, season with additional salt and pepper, and cook, stirring rarely, until apples are tender, about 10 minutes.
- Add chestnuts, broth, water, and apple juice and bring to a boil. Reduce heat and simmer until apples and celery are tender, about 15 minutes. Using a blender, purée soup in batches. Season with salt and freshly ground black pepper.
- Serve garnished with croutons. Beverage pairing: Eric Bordelet Sidre Doux, France. This sparkling apple cider from Normandy is technically off-dry, but it tastes pretty dry and the level of sweetness will be perfect for the soup. Indeed, the cider has some nuttiness to touch on the chestnuts and enough acid zip to play wonderfully with the croutons. In addition, the carbonation will be a pleasant textural contrast to the creamy soup.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:5.33, Inflammation Score:-4, Nutrition Score:8.3365216300539%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.17mg, Luteolin:

0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 122.12kcal (6.11%), Fat: 5.28g (8.13%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 15.99g (5.81%), Sugar: 12.05g (13.38%), Cholesterol: 6.02mg (2.01%), Sodium: 300.01mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Copper: 1.89mg (94.42%), Manganese: 0.24mg (12.21%), Fiber: 2.97g (11.87%), Vitamin B6: 0.2mg (9.79%), Vitamin C: 6.62mg (8.03%), Potassium: 266.11mg (7.6%), Vitamin K: 6.32µg (6.02%), Vitamin A: 294.63IU (5.89%), Folate: 21.31µg (5.33%), Iron: 0.76mg (4.23%), Magnesium: 16.34mg (4.08%), Vitamin E: 0.61mg (4.05%), Phosphorus: 38.94mg (3.89%), Calcium: 32.58mg (3.26%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.21mg (2.08%), Vitamin B2: 0.03mg (2.01%), Zinc: 0.25mg (1.64%)