



Boxing Day soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 medium onion chopped
- ☐ 2 celery stalks chopped
- ☐ 2 medium potatoes peeled cut into small chunks
- ☐ 1 tbsp curry paste
- ☐ 1.2 l vegetable stock
- ☐ 550 g roasted such as brussels sprout, carrots, parsnips and squash, roughly chopped leftover boiled
- ☐ 4 servings yogurt

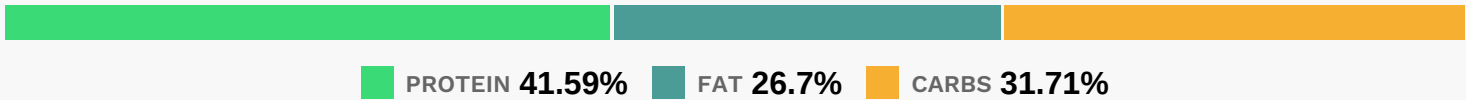
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ To fry the vegetables, heat the oil in a large saucepan and fry the onion for 5 minutes until golden. Stir in the celery and fry for 5 minutes, then tip in the potatoes and fry for a further 1–2 minutes, stirring often.
- ☐ Stir in the curry paste, let it cook for a minute or so, then pour in the stock. Bring to the boil and stir well. Lower the heat, cover and simmer for 15–20 minutes until the potatoes are tender.
- ☐ To serve, tip the leftover veg into the pan and warm through for a few minutes.
- ☐ Pour the soup into a food processor or blender and blitz to a smooth pure. Thin down to the consistency you like with hot water or stock (we added 300ml) then taste for seasoning. Cool and freeze, or serve in bowls with spoonfuls of yogurt or crme frache swirled on top.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:15.92, Inflammation Score:-8, Nutrition Score:21.031304390534%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 325.55kcal (16.28%), Fat: 9.52g (14.64%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 22.45g (8.16%), Sugar: 4.87g (5.41%), Cholesterol: 86.75mg (28.92%), Sodium: 1268.94mg (55.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.34g (66.69%), Vitamin B6: 1.39mg (69.35%), Selenium: 38.57µg (55.11%), Vitamin B1: 0.71mg (47.18%), Vitamin B3: 9.06mg (45.3%), Phosphorus: 379.48mg (37.95%), Potassium: 1009.52mg (28.84%), Vitamin C: 23.4mg (28.36%), Vitamin A: 1237.99IU (24.76%), Zinc: 2.84mg (18.93%), Vitamin B2: 0.3mg (17.72%), Magnesium: 63.33mg (15.83%), Vitamin B5: 1.38mg (13.82%), Fiber: 2.98g (11.93%), Vitamin B12: 0.7µg (11.75%), Vitamin E: 1.64mg (10.92%), Manganese: 0.21mg (10.51%), Copper: 0.21mg (10.31%), Iron: 1.73mg (9.63%), Folate: 23.06µg (5.76%), Vitamin D: 0.55µg (3.67%), Calcium: 33.24mg (3.32%), Vitamin K: 2.91µg (2.77%)