



Carrot and Parsnip Soup

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



4

CALORIES



633 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings soup base
- 4 servings cumin oil toasted
- 1 cup carrot juice fresh
- 3 cups carrots peeled chopped
- 1.5 cups celery chopped
- 4 servings pickled celery
- 4 servings chives thinly sliced
- 4 bay leaves dried

- 1 cup off-dry riesling wine
- 1.5 cups fennel bulb chopped
- 2 teaspoons fennel seeds
- 5 slices ginger fresh
- 2 green onions cut into 2-in.-long slivers
- 2 juice of lemon
- 2 teaspoons juniper berries
- 1 tbsp kosher salt
- 3 stalks lemongrass trimmed sliced
- 1 handful marjoram sprigs fresh
- 1.5 cups onion chopped
- 2.3 cups parsnips peeled chopped
- 0.8 cup russet potatoes peeled chopped
- 1.5 cups baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- 1 handful thyme sprigs fresh
- 5 cups vegetable broth
- 2 teaspoons allspice whole
- 6 tablespoons peppery extra-virgin
- 4 servings aromatics
- 4 servings serving
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Equipment

- bowl
- ladle
- pot
- blender

cheesecloth

Directions

- Assemble aromatics: Enclose ingredients in cheesecloth and tie with string.
- Make soup base: Put aromatics bundle in a stockpot and add remaining soup base ingredients, including 1 tbsp. salt, but excluding broth, carrot juice, and olive oil.
- Cover, bring to simmering over high heat, then reduce heat to medium and cook until apples are very soft, about 30 minutes.
- Add broth, return to a simmer, and continue cooking until potatoes are falling apart, about 2 hours.
- Discard aromatics bundle. Pure soup in batches in a blender until silky smooth; pour into a large bowl as you go. Return soup to pot. Stir in enough carrot juice so soup is fairly thin but velvety. Just before serving, stir in olive oil.
- Ladle soup into bowls and drizzle with cumin oil.
- Add a little pickled celery, and sprinkle with chives and microgreens. Season to taste with salt.
- *Find at some specialty grocery stores.

Nutrition Facts

   **PROTEIN 4.13%** **FAT 53.23%** **CARBS 42.64%**

Properties

Glycemic Index:155.9, Glycemic Load:20.62, Inflammation Score:-10, Nutrition Score:34.858260877107%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 19.33mg, Apigenin: 19.33mg, Apigenin: 19.33mg, Apigenin: 19.33mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg

Kaempferol: 1.3mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 16.42mg, Quercetin: 16.42mg, Quercetin: 16.42mg, Quercetin: 16.42mg

Nutrients (% of daily need)

Calories: 633.24kcal (31.66%), Fat: 37.02g (56.96%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 66.74g (22.25%), Net Carbohydrates: 52.53g (19.1%), Sugar: 24.59g (27.32%), Cholesterol: 0.04mg (0.01%), Sodium: 3420.61mg (148.72%), Alcohol: 5.7g (100%), Alcohol %: 0.73% (100%), Protein: 6.46g (12.91%), Vitamin A: 29408.41IU (588.17%), Vitamin K: 256.22µg (244.02%), Manganese: 1.76mg (88.2%), Vitamin C: 58.96mg (71.47%), Vitamin E: 8.71mg (58.07%), Fiber: 14.21g (56.85%), Potassium: 1749.39mg (49.98%), Folate: 178.25µg (44.56%), Vitamin B6: 0.69mg (34.33%), Magnesium: 100.19mg (25.05%), Phosphorus: 231.88mg (23.19%), Iron: 4.04mg (22.47%), Calcium: 223.68mg (22.37%), Vitamin B1: 0.31mg (20.55%), Copper: 0.38mg (19.04%), Vitamin B2: 0.3mg (17.54%), Vitamin B3: 3.24mg (16.18%), Vitamin B5: 1.54mg (15.42%), Zinc: 1.69mg (11.24%), Selenium: 3.54µg (5.06%)