



Carrot, Squash, and Jerusalem-Artichoke Soup with White Beans



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.7 cups canned tomatoes diced with their juice one 15-ounce can canned
- ☐ 1 pound carrots halved lengthwise
- ☐ 1.5 quarts chicken broth low-sodium homemade canned
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 pound jerusalem artichokes peeled halved cut into 1/2-inch slices

- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 orange zest grated
- ☐ 1.8 teaspoons salt
- ☐ 1 slices baby squash yellow quartered
- ☐ 1 slices zucchini quartered

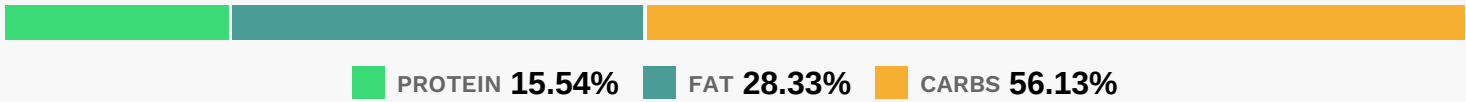
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, heat the oil over moderate heat.
- ☐ Add the onion, carrots, and 1/2 teaspoon of the salt and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- ☐ Add the garlic, zucchini, yellow squash, broth, tomatoes, and the remaining 1 1/4 teaspoons salt; bring to a simmer.
- ☐ Add the Jerusalem artichokes and return to a simmer. Reduce the heat and simmer, partially covered, until the vegetables are tender, about 10 minutes. Stir in the beans, parsley, pepper, and zest.
- ☐ Wine Recommendation: The soft nutty flavors and rich texture of pinot gris beautifully complement the earthy sweetness of this tasty soup. Try one from a well-known Alsace producer such as Trimbach, Sparr, Beyer, or Hugel.
- ☐ Notes: If you don't want to tackle the job of peeling knobby Jerusalem artichokes, just scrub them well with a vegetable brush under running water and leave the peel on.

Nutrition Facts



Properties

Glycemic Index:61.71, Glycemic Load:10.17, Inflammation Score:-10, Nutrition Score:26.714347735695%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 283.46kcal (14.17%), Fat: 9.66g (14.86%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 36.08g (13.12%), Sugar: 20.47g (22.74%), Cholesterol: 0mg (0%), Sodium: 1355.66mg (58.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.83%), Vitamin A: 19733.38IU (394.67%), Vitamin K: 145.72µg (138.78%), Vitamin C: 35.91mg (43.53%), Vitamin B3: 8.34mg (41.71%), Potassium: 1448.4mg (41.38%), Iron: 6.55mg (36.38%), Fiber: 6.98g (27.92%), Phosphorus: 270.63mg (27.06%), Vitamin B1: 0.37mg (24.87%), Copper: 0.49mg (24.63%), Vitamin B6: 0.46mg (23.06%), Manganese: 0.41mg (20.35%), Vitamin B2: 0.32mg (18.77%), Vitamin E: 2.73mg (18.17%), Folate: 62.75µg (15.69%), Magnesium: 55.75mg (13.94%), Calcium: 122.32mg (12.23%), Vitamin B5: 0.97mg (9.69%), Zinc: 1.07mg (7.14%), Vitamin B12: 0.35µg (5.91%), Selenium: 1.4µg (2%)