



## Cauliflower-Parsnip Soup with Beet Crisps

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



399 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup canola oil for frying
- 2 cups cauliflower florets coarsely chopped ( )
- 1 teaspoon kosher salt
- 1 medium leek white green rinsed halved lengthwise thinly sliced ( and pale parts only)
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 medium beets red
- 1 tablespoon butter unsalted
- 2.8 cups water

## Equipment

- frying pan
- paper towels
- sauce pan
- blender
- mandoline
- slotted spoon
- peeler

## Directions

- Heat olive oil and butter in a medium saucepan over medium heat. Once butter foams, add leek and season well with salt and freshly ground white pepper. Cook, stirring occasionally, until leek is softened but not completely cooked, about 3 minutes.
- Add parsnips and stir to coat in oil. Cook until parsnips are softened but not completely tender, about 4 minutes. (Do not let the vegetables color.)
- Add cauliflower, stir, and cook for about 1 minute.
- Add salt and water. Bring to a simmer, reduce heat to medium low, and cook until vegetables are completely tender, about 8 to 9 minutes.
- Remove from heat and allow soup to cool slightly, about 10 minutes. Process in a blender until completely smooth. Return soup to the saucepan and place over medium-low heat. Taste and adjust seasoning as necessary. For the beet crisps: Trim top off beet and peel it, leaving a 1-inch-wide layer of skin near the top so that you don't dye your hand while slicing. Using a mandoline or vegetable peeler, make very thin slices of beet—about 8 whole slices or 1/3 cup. Fill a small saucepan with 1/2 inch oil.
- Heat over medium heat to 375°F. Line a plate with paper towels and set aside.
- Add several beet slices and fry, shaking the pan a little, until beets crisp up, about 30 to 45 seconds.
- Remove beets from oil with a slotted spoon and place on the paper-towel-lined plate.
- Sprinkle with salt. Repeat with remaining beet slices.

Serve soup topped with beet chips. Beverage pairing: A medium-bodied Austrian Grüner Veltliner would be a nice match with the earthy cauliflower and beet elements of this dish. Try the 2005 Hiedler Grüner Veltliner Löss.

## Nutrition Facts

**PROTEIN 3.88%** **FAT 77.38%** **CARBS 18.74%**

### Properties

Glycemic Index:64, Glycemic Load:6.39, Inflammation Score:-8, Nutrition Score:17.436521432322%

### Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

### Nutrients (% of daily need)

Calories: 398.78kcal (19.94%), Fat: 35.64g (54.82%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 14.24g (5.18%), Sugar: 9.4g (10.44%), Cholesterol: 15.05mg (5.02%), Sodium: 1285.12mg (55.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin C: 57.71mg (69.95%), Vitamin K: 57.26µg (54.53%), Folate: 178.34µg (44.59%), Vitamin E: 5.61mg (37.43%), Manganese: 0.65mg (32.6%), Fiber: 5.18g (20.72%), Vitamin A: 944.79IU (18.9%), Potassium: 657.34mg (18.78%), Vitamin B6: 0.34mg (17.24%), Magnesium: 50.43mg (12.61%), Iron: 2.09mg (11.58%), Copper: 0.21mg (10.51%), Phosphorus: 95.25mg (9.53%), Vitamin B5: 0.87mg (8.69%), Calcium: 74.08mg (7.41%), Vitamin B1: 0.1mg (6.89%), Vitamin B2: 0.11mg (6.45%), Vitamin B3: 0.97mg (4.86%), Zinc: 0.66mg (4.42%), Selenium: 1.71µg (2.45%)