



Celeriac and Pear Soup

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon peppercorns black crushed
- 3 tablespoons butter
- 1 carrots chopped
- 4 celeriac root cubed peeled (celery roots)
- 3 stalks celery chopped
- 1 tablespoon parsley dried
- 1 teaspoon sage dried crumbled
- 1 teaspoon tarragon dried

- 1 clove garlic minced
- 16 servings salt and ground pepper black to taste
- 0.5 cup heavy cream
- 1 onion chopped
- 3 pears cored peeled chopped
- 1 large potatoes cubed peeled
- 1 shallots minced
- 1 tablespoon thyme leaves dried
- 8 cups vegetable broth

Equipment

- pot
- blender
- kitchen towels

Directions

- Melt the butter in a large pot over medium heat. Stir in the garlic, shallot, and onion. Cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the celeriac, carrot, celery, potato, and 1 cup of the vegetable broth; cook and stir until the vegetables are heated, about 5 minutes before pouring in the remaining broth. Season with the pepper, tarragon, sage, thyme, and parsley; gently stir the pears into the mixture; bring to a boil. Reduce heat to medium-low; cover and simmer until the vegetables are tender, about 20 minutes.
- Remove the soup from the heat and allow to cool for 10 minutes; stir the cream into the soup.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot. Season to taste with salt and pepper before serving.

Nutrition Facts



■ PROTEIN 8.24% ■ FAT 28.04% ■ CARBS 63.72%

Properties

Glycemic Index:37.21, Glycemic Load:9.8, Inflammation Score:-8, Nutrition Score:13.519130316765%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 9.77mg, Apigenin: 9.77mg, Apigenin: 9.77mg, Apigenin: 9.77mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 163.92kcal (8.2%), Fat: 5.44g (8.36%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 22.73g (8.27%), Sugar: 7.96g (8.85%), Cholesterol: 14.05mg (4.68%), Sodium: 662.99mg (28.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin K: 74.12µg (70.59%), Vitamin C: 21.09mg (25.57%), Vitamin A: 1135.7IU (22.71%), Phosphorus: 217.32mg (21.73%), Manganese: 0.42mg (20.78%), Fiber: 5.07g (20.26%), Potassium: 693.56mg (19.82%), Vitamin B6: 0.38mg (19.11%), Magnesium: 45.36mg (11.34%), Calcium: 94.33mg (9.43%), Copper: 0.19mg (9.25%), Iron: 1.63mg (9.06%), Vitamin B2: 0.14mg (8.51%), Vitamin B3: 1.55mg (7.75%), Vitamin B1: 0.12mg (7.67%), Vitamin B5: 0.73mg (7.3%), Folate: 25.52µg (6.38%), Vitamin E: 0.82mg (5.47%), Zinc: 0.72mg (4.8%), Selenium: 1.64µg (2.35%)