



Celeriac and Pear Soup

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



139 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon peppercorns black crushed
- ☐ 3 tablespoons butter
- ☐ 1 carrots chopped
- ☐ 4 celeriac 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
- ☐ 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 9.11%**  **FAT 16.66%**  **CARBS 74.23%**

Properties

Glycemic Index:37.21, Glycemic Load:9.8, Inflammation Score:-8, Nutrition Score:13.213043588983%

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: 138.63kcal (6.93%), Fat: 2.75g (4.23%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 22.52g (8.19%), Sugar: 7.74g (8.6%), Cholesterol: 5.64mg (1.88%), Sodium: 660.98mg (28.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin K: 73.88µg (70.36%), Vitamin C: 21.05mg (25.51%), Phosphorus: 213.01mg (21.3%), Manganese: 0.42mg (20.78%), Vitamin A: 1026.37IU (20.53%), Fiber: 5.07g (20.26%), Potassium: 686.49mg (19.61%), Vitamin B6: 0.38mg (18.98%), Magnesium: 44.84mg (11.21%), Copper: 0.18mg (9.21%), Iron: 1.62mg (9.02%), Calcium: 89.42mg (8.94%), Vitamin B3: 1.55mg (7.73%), Vitamin B2: 0.13mg (7.69%), Vitamin B1: 0.11mg (7.57%), Vitamin B5: 0.71mg (7.11%), Folate: 25.22µg (6.3%), Vitamin E: 0.75mg (5.01%), Zinc: 0.7mg (4.68%), Selenium: 1.42µg (2.03%)