



Celeriac, pancetta & thyme soup

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small olive oil plus a drizzle to serve
- ☐ 100 g pancetta sliced
- ☐ 1 small knob butter
- ☐ 1 large onion chopped
- ☐ 1 bay leaves
- ☐ 1 large bunch thyme leaves leaves picked
- ☐ 1 celery root cut into chunks
- ☐ 850 ml chicken stock see fresh

☐ 100 ml double cream

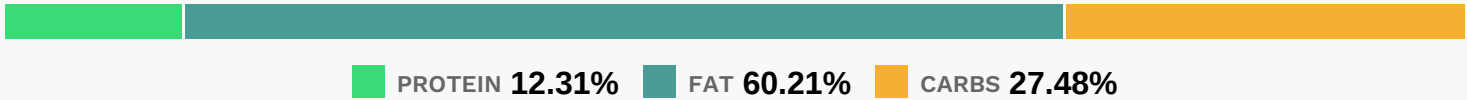
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat the oil in a large pan. Sizzle the pancetta for about 3 mins on each side until crisp, then remove to a plate and set aside. Melt the butter in the same pan, add the onion, bay leaf and thyme stalks, and cook for 10 mins until just starting to turn golden.
- ☐ Add the celeriac and cook for 2 mins more.
- ☐ Pour over the stock and simmer for 10 mins until the celeriac is soft. Stir in the cream and bring back to the boil. Fish out the bay and thyme stalks, then pure the soup until smooth. Stir through half the thyme leaves and ladle the soup into bowls.
- ☐ Serve topped with the crispy pancetta, the remaining thyme leaves and a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:5.03, Inflammation Score:-8, Nutrition Score:16.563478200332%

Flavonoids

Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 391.55kcal (19.58%), Fat: 26.64g (40.98%), Saturated Fat: 12.68g (79.27%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 23.65g (8.6%), Sugar: 8.33g (9.26%), Cholesterol: 62.67mg (20.89%), Sodium: 678.41mg (29.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.51%), Vitamin K: 68.53µg (65.27%),

Phosphorus: 308.89mg (30.89%), Vitamin B3: 5.63mg (28.15%), Vitamin B6: 0.52mg (26.2%), Potassium: 849.47mg (24.27%), Vitamin C: 17.97mg (21.78%), Vitamin B2: 0.37mg (21.47%), Selenium: 11.9µg (17%), Vitamin B1: 0.25mg (16.58%), Manganese: 0.33mg (16.37%), Fiber: 3.71g (14.84%), Copper: 0.26mg (13.19%), Magnesium: 51.37mg (12.84%), Vitamin A: 566.41IU (11.33%), Iron: 1.98mg (11.02%), Calcium: 108.34mg (10.83%), Zinc: 1.28mg (8.54%), Vitamin B5: 0.83mg (8.31%), Folate: 32.56µg (8.14%), Vitamin E: 1.15mg (7.69%), Vitamin D: 0.5µg (3.35%), Vitamin B12: 0.17µg (2.9%)