



Celeriac soup with scallops & black pudding

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



288 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 celery root peeled cut into cubes
- ☐ 5 shallots peeled sliced
- ☐ 3 garlic clove chopped
- ☐ 150 ml wine
- ☐ 1.5 l chicken stock see
- ☐ 1 pinch nutmeg good
- ☐ 125 ml double cream

- ☐ 100 g pudding black crumbled
- ☐ 12 scallops halved
- ☐ 50 g butter

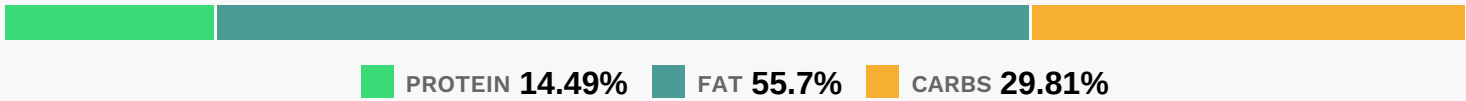
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan over a medium heat and add the celeriac, shallots and garlic. Gently fry for a few mins, until they soften without colouring.
- ☐ Add the white wine, bring everything to the boil and reduce the liquid by half.
- ☐ Add the chicken stock and nutmeg, bring to the boil again, then reduce the heat and simmer for 10-15 mins or until celeriac is tender.
- ☐ Remove from the heat and cool for 5 mins.
- ☐ Transfer the soup to a food processor and blend until smooth.
- ☐ Pour the soup back into the pan, add the cream and generously season with salt and freshly ground pepper. Reheat gently while you finish everything else.
- ☐ In a large frying pan, fry the black pudding until crisp. Set aside on kitchen paper to soak up any fat. Wipe out the pan.
- ☐ Season the scallops.
- ☐ Heat the frying pan again until hot and add the butter. When it is foaming, add the scallops and sear for 1 min on each side, or until just cooked through, then place on a warm plate. To serve, pour the soup into 8 bowls, top each with 3 scallops and sprinkle with black pudding.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:11.06217395741%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 288kcal (14.4%), Fat: 17.22g (26.49%), Saturated Fat: 8.15g (50.94%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 18.55g (6.74%), Sugar: 7.69g (8.54%), Cholesterol: 42.31mg (14.1%), Sodium: 489.61mg (21.29%), Alcohol: 1.96g (100%), Alcohol %: 0.68% (100%), Protein: 10.08g (20.17%), Vitamin K: 36.96µg (35.2%), Phosphorus: 245.35mg (24.53%), Vitamin B3: 3.81mg (19.03%), Vitamin B6: 0.35mg (17.49%), Potassium: 576.7mg (16.48%), Vitamin B2: 0.28mg (16.41%), Selenium: 8.54µg (12.19%), Manganese: 0.22mg (11.13%), Vitamin C: 8.58mg (10.4%), Copper: 0.19mg (9.28%), Magnesium: 35.73mg (8.93%), Fiber: 2.19g (8.75%), Vitamin B1: 0.13mg (8.35%), Vitamin A: 394.48IU (7.89%), Calcium: 78.66mg (7.87%), Vitamin E: 1.15mg (7.67%), Iron: 1.35mg (7.51%), Folate: 26.06µg (6.51%), Vitamin B12: 0.37µg (6.2%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.44mg (4.42%), Vitamin D: 0.35µg (2.3%)