



Celery and Parsnip Soup with Green Onion-Dill Matzo Balls



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery leaves finely chopped
- ☐ 9 cups celery stalks thinly sliced (2 bunches)
- ☐ 1 large garlic clove chopped
- ☐ 1 ginger fresh peeled thin
- ☐ 8 servings spring onion
- ☐ 1.5 cups spring onion chopped
- ☐ 6 cups chicken stock see homemade canned ()

- ☐ 6 tablespoons butter unsalted ()
- ☐ 12 ounces parsnips peeled finely chopped

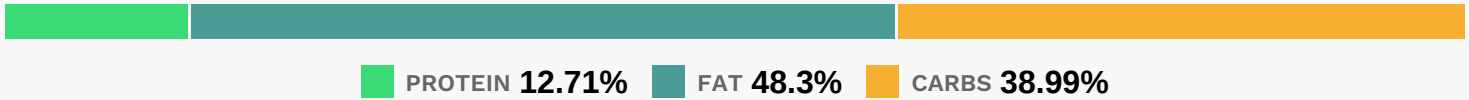
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt margarine in heavy large pot over medium heat.
- ☐ Add next 5 ingredients. Cover; cook 10 minutes.
- ☐ Add 6 cups stock; bring to boil. Reduce heat to medium-low. Simmer uncovered until vegetables are very tender, about 15 minutes.
- ☐ Working in batches, puree soup in blender until very smooth, adding celery leaves to each batch. Return to pot. Thin with more broth, if desired. Season with salt and pepper. (Can be made 2 days ahead. Chill until cold. Cover; keep chilled.)
- ☐ Rewarm soup.
- ☐ Serve with Green Onion–Dill Matzo Balls.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:15.678260654859%

Flavonoids

Apigenin: 3.66mg, Apigenin: 3.66mg, Apigenin: 3.66mg, Apigenin: 3.66mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 199.34kcal (9.97%), Fat: 11.01g (16.94%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 15.2g (5.53%), Sugar: 7.2g (8%), Cholesterol: 5.4mg (1.8%), Sodium: 467.53mg (20.33%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin K: 98.79µg (94.09%), Folate: 99.77µg (24.94%), Vitamin A: 1204.34IU (24.09%), Potassium: 760.19mg (21.72%), Manganese: 0.42mg (20.91%), Vitamin C: 16.4mg (19.88%), Fiber: 4.81g (19.23%), Vitamin B3: 3.69mg (18.47%), Vitamin B2: 0.27mg (15.99%), Vitamin B6: 0.27mg (13.26%), Phosphorus: 122.05mg (12.21%), Copper: 0.22mg (10.84%), Vitamin E: 1.5mg (9.99%), Magnesium: 39.39mg (9.85%), Vitamin B1: 0.14mg (9.59%), Calcium: 93.86mg (9.39%), Selenium: 5.45µg (7.78%), Iron: 1.26mg (7.02%), Vitamin B5: 0.6mg (6.02%), Zinc: 0.77mg (5.16%)