



Celery and Pear Bisque

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons flour
- ☐ 3 cups purée of usa bartlett pear diced generous cored ripe unpeeled finely
- ☐ 4.5 tablespoons butter
- ☐ 6 cups celery with leaves (preferably organic; 12 stalks) plus chopped leaves (for garnish) thinly sliced
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 1.5 cups leek dark green chopped
- ☐ 3 cups chicken broth ()
- ☐ 3 small turkish bay leaf

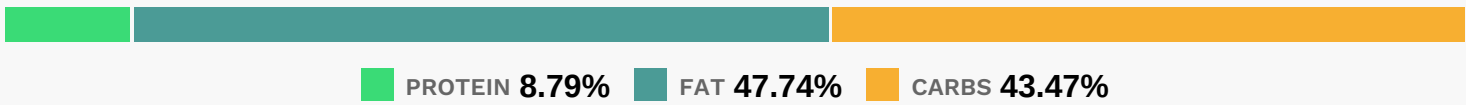
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in pot over medium-high heat.
- ☐ Add sliced celery, generous 3 cups diced pears, leek tops, bay leaves, and thyme. Cover; cook until celery softens, stirring occasionally, about 8 minutes. Toss in flour.
- ☐ Stir in 3 cups broth; bring to boil. Cover, reduce heat to medium-low, and simmer until celery is tender, about 20 minutes.
- ☐ Remove bay leaves from soup. Puree soup in batches in blender until smooth. Return puree to same pot. Season to taste with salt and pepper. Thin with more broth by 1/4 cupfuls, if desired. Rewarm briefly.
- ☐ Divide soup among bowls; garnish with 1/2 cup finely diced pear and celery leaves.
- ☐ Per serving: 178 calories, 9 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 45.83, Glycemic Load: 5.81, Inflammation Score: -8, Nutrition Score: 9.4943479351375%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 173.46kcal (8.67%), Fat: 9.6g (14.78%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 15.36g (5.59%), Sugar: 9.17g (10.19%), Cholesterol: 22.58mg (7.53%), Sodium: 188.96mg (8.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin K: 43.45µg (41.38%), Vitamin A: 1133.24IU (22.66%), Fiber: 4.32g (17.28%), Folate: 58.86µg (14.72%), Potassium: 482.67mg (13.79%), Manganese: 0.26mg (13.12%), Vitamin C: 9.7mg (11.76%), Vitamin B3: 2.27mg (11.34%), Copper: 0.18mg (9.13%), Phosphorus: 80.26mg (8.03%), Vitamin B6: 0.16mg (8.02%), Vitamin B2: 0.13mg (7.84%), Calcium: 69.79mg (6.98%), Iron: 1.25mg (6.93%), Magnesium: 24.2mg (6.05%), Vitamin E: 0.81mg (5.37%), Vitamin B1: 0.06mg (3.9%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.26%), Selenium: 1.44µg (2.06%)