



## Celery and Pear Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 cups celery coarsely chopped
- 1 tablespoon thyme sprigs fresh minced
- 0.5 cup olive oil
- 1.5 cups pears such as bosc or bartlett ripe peeled coarsely chopped
- 4 medium shallots thinly sliced
- 2 tablespoons butter unsalted ()
- 3 cups vegetable broth low-sodium
- 3 cups water

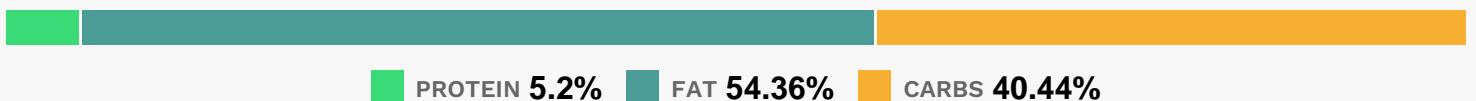
## Equipment

- frying pan
- paper towels
- pot

## Directions

- For the soup: In a large pot over medium heat, melt butter until foaming.
- Add olive oil, shallots, and pear, season well with salt and ground white pepper, and cook, stirring occasionally, until tender, about 5 minutes.
- Add celery and thyme, season with more salt and pepper, and sweat until most of the liquid has evaporated and the celery has just started to soften, about 12 minutes.
- Heat olive oil in a small frying pan until bubbling or about 325°F to 350°F.
- Add half of the shallots and fry until golden.
- Remove to a plate lined with paper towels, season with salt, and repeat with remaining shallots.
- Serve soup topped with fried shallots. Beverage pairing: The delicate and fine flavors here suggest a Riesling, but to reinforce the rare and green flavor of celery, try going to a comparable but different wine, Grüner Veltliner from Austria. A light style with a little characteristic pepper fits the bill: 2006 Schloss Gobelsburg Gobelsburger.

## Nutrition Facts



## Properties

Glycemic Index:23.96, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:5.4204347768556%

## Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-

gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## **Nutrients (% of daily need)**

Calories: 118.33kcal (5.92%), Fat: 7.59g (11.68%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 9.18g (3.34%), Sugar: 6.65g (7.38%), Cholesterol: 10.03mg (3.34%), Sodium: 62.87mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin K: 24.13µg (22.98%), Fiber: 3.53g (14.1%), Vitamin A: 485.1IU (9.7%), Vitamin C: 7.02mg (8.51%), Folate: 33.39µg (8.35%), Potassium: 285.68mg (8.16%), Manganese: 0.16mg (7.88%), Vitamin B6: 0.12mg (6.16%), Vitamin E: 0.86mg (5.76%), Copper: 0.1mg (4.87%), Calcium: 46.15mg (4.62%), Magnesium: 16.87mg (4.22%), Iron: 0.63mg (3.51%), Vitamin B2: 0.06mg (3.49%), Phosphorus: 33.35mg (3.33%), Vitamin B5: 0.24mg (2.44%), Vitamin B1: 0.03mg (1.98%), Vitamin B3: 0.34mg (1.68%), Zinc: 0.23mg (1.54%)