



Celery Bisque with Stilton Toasts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon ground pepper
- ☐ 4 cups celery sliced (8 stalks)
- ☐ 0.3 cup crème fraîche
- ☐ 1.5 cups leek white green chopped (and pale parts only; from 2 medium)
- ☐ 4 cups chicken broth ()
- ☐ 4 servings coarsely stilton cheese
- ☐ 0.8 pound yukon gold potatoes diced peeled

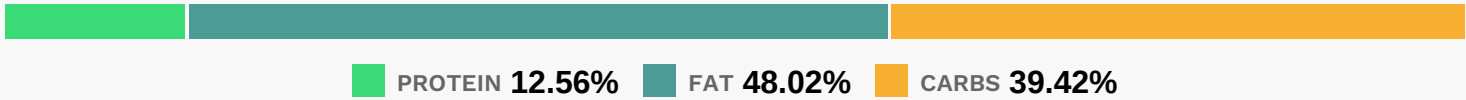
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in heavy large pot over medium-high heat.
- ☐ Add celery and leeks. Sauté until celery is slightly softened, about 4 minutes.
- ☐ Add potatoes and 4 cups broth. Bring to boil. Reduce heat to medium-low. Simmer, uncovered, until all vegetables are tender, about 30 minutes. Working in batches, puree soup in blender until smooth. Return to same pot.
- ☐ Whisk in 1/3 cup crème fraîche and cayenne pepper. Season soup to taste with salt and pepper. (Can be prepared 2 days ahead. Cool, then cover and refrigerate. Rewarm over medium heat before serving, adding more broth to thin if desired.)
- ☐ Ladle soup into bowls. Swirl 1 to 2 teaspoons additional crème fraîche into each.
- ☐ Sprinkle with parsley, if desired.
- ☐ Serve with Stilton Toasts.

Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:12.66, Inflammation Score:-8, Nutrition Score:14.84347816257%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 254.91kcal (12.75%), Fat: 14.31g (22.01%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 22.3g (8.11%), Sugar: 4.3g (4.78%), Cholesterol: 34.63mg (11.54%), Sodium: 248.37mg (10.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin K: 48.04µg (45.75%), Vitamin C: 24.16mg (29.28%), Vitamin A: 1453IU (29.06%), Potassium: 915.25mg (26.15%), Vitamin B3: 4.63mg (23.15%), Vitamin B6: 0.44mg (21.99%), Manganese: 0.4mg (19.97%), Folate: 73.29µg (18.32%), Phosphorus: 176.52mg (17.65%), Fiber: 4.12g (16.49%), Copper: 0.29mg (14.6%), Vitamin B2: 0.21mg (12.14%), Iron: 2.09mg (11.61%), Magnesium: 44.92mg (11.23%), Calcium: 107.08mg (10.71%), Vitamin B1: 0.11mg (7.62%), Vitamin B5: 0.64mg (6.4%), Vitamin E: 0.94mg (6.3%), Vitamin B12: 0.31µg (5.11%), Zinc: 0.76mg (5.04%), Selenium: 1.96µg (2.8%)