



# Celery-Celeriac Soup with Roquefort Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 bay leaves
- 4 inch bread french
- 1 tablespoon butter
- 4 cups celery root peeled chopped (celery root; 2 medium)
- 2 cups celery thinly sliced
- 28 ounce fat-skimmed beef broth fat-free canned
- 0.5 teaspoon pepper black
- 0.3 cup half and half

- 1 cup leek thinly sliced ( 1 large)
- 1 cup milk 2% reduced-fat
- 2 ounces roquefort cheese crumbled
- 0.5 teaspoon salt
- 0.5 cup shallots chopped
- 2 thyme sprigs
- 1 cup water
- 1.5 cups yukon gold potatoes cubed peeled

## Equipment

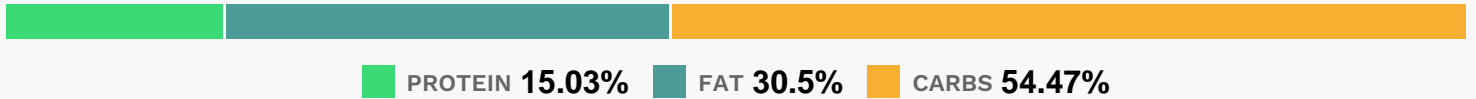
- bowl
- baking sheet
- ladle
- blender
- broiler
- dutch oven
- cutting board

## Directions

- To prepare soup, melt butter in a large Dutch oven over medium heat.
- Add leek and shallots; cook 5 minutes or until tender, stirring frequently. Stir in celeriac and next 5 ingredients (through bay leaves); bring to a boil. Cover, reduce heat, and simmer 15 minutes or until vegetables are tender. Stir in celery, milk, salt, and pepper; simmer 10 minutes (do not boil).
- Remove from heat; let stand 5 minutes. Discard bay leaves and thyme.
- Place half of celery mixture in a blender; process until smooth.
- Pour pureed celery mixture into a large bowl. Repeat procedure with remaining celery mixture. Stir in half-and-half.
- Preheat broiler.

- To prepare croutons, arrange bread in a single layer on a baking sheet; coat with cooking spray. Broil 1 minute or until golden. Turn bread over; sprinkle each bread slice with 1 tablespoon cheese. Broil 1 minute or until cheese melts; cool 1 minute on baking sheet.
- Place bread on a cutting board; cut each bread slice into 6 wedges to form croutons. Ladle about 1 cup soup into each of 8 bowls; top each serving with 6 croutons.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:55.91, Glycemic Load:9.42, Inflammation Score:-7, Nutrition Score:12.494782510011%

### Flavonoids

Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

### Nutrients (% of daily need)

Calories: 159.31kcal (7.97%), Fat: 5.62g (8.65%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 19.02g (6.92%), Sugar: 5.54g (6.16%), Cholesterol: 15.15mg (5.05%), Sodium: 823.15mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin K: 46.06µg (43.87%), Vitamin C: 18.82mg (22.81%), Phosphorus: 209.08mg (20.91%), Vitamin B6: 0.4mg (19.8%), Potassium: 648.57mg (18.53%), Manganese: 0.36mg (18.02%), Calcium: 159.21mg (15.92%), Fiber: 3.56g (14.23%), Vitamin B2: 0.22mg (12.99%), Magnesium: 43.3mg (10.83%), Folate: 42.54µg (10.63%), Vitamin A: 489.21IU (9.78%), Vitamin B3: 1.88mg (9.39%), Iron: 1.66mg (9.22%), Vitamin B5: 0.9mg (9.04%), Copper: 0.17mg (8.57%), Vitamin B1: 0.13mg (8.55%), Selenium: 5.65µg (8.07%), Vitamin B12: 0.42µg (6.96%), Zinc: 0.85mg (5.7%), Vitamin E: 0.53mg (3.56%)