



Celery-Root Bisque with Shiitakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black to taste
- ☐ 3 rib celery stalks chopped
- ☐ 2 lb celery root with a knife and cut into 1/2-inch cubes peeled (sometimes called celeriac)
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon fresh to taste
- ☐ 2 teaspoons salt to taste
- ☐ 0.5 lb shallots chopped
- ☐ 6 oz mushroom caps fresh sliced

- ☐ 0.5 cup butter unsalted
- ☐ 8 cups water

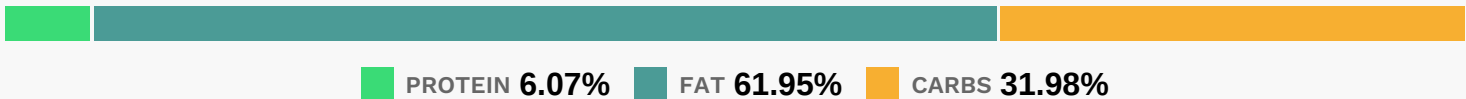
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Cook celery root, chopped celery, and shallots in 1/2 stick butter in a 5-quart heavy pot over moderate heat, covered, stirring occasionally, until softened but not browned, about 15 minutes.
- ☐ Add water, salt, and pepper and simmer, uncovered, until vegetables are very tender, about 30 minutes.
- ☐ Purée soup in batches in a blender until smooth (use caution when blending hot liquids), then return to pot.
- ☐ Stir in cream and reheat bisque over low heat, stirring occasionally, about 5 minutes. Stir in lemon juice.
- ☐ While bisque is reheating, melt 2 tablespoons butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté mushrooms with salt and pepper to taste, stirring, until golden brown, about 3 minutes.
- ☐ Transfer mushrooms with a slotted spoon to a plate and add remaining 2 tablespoons butter to skillet. Cook butter over moderate heat, swirling skillet, until browned, about 2 minutes, then transfer to a small bowl.
- ☐ Serve bisque topped with mushrooms and drizzled with brown butter.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:3.52, Inflammation Score:-4, Nutrition Score:8.2260870298614%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 162.32kcal (8.12%), Fat: 11.74g (18.06%), Saturated Fat: 7.28g (45.47%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.83g (3.94%), Sugar: 3.86g (4.29%), Cholesterol: 31.13mg (10.38%), Sodium: 572.65mg (24.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin K: 38.53µg (36.7%), Phosphorus: 143.43mg (14.34%), Vitamin B6: 0.28mg (14.06%), Manganese: 0.26mg (12.86%), Vitamin C: 9.7mg (11.75%), Potassium: 411.08mg (11.75%), Fiber: 2.81g (11.22%), Vitamin A: 373.72IU (7.47%), Magnesium: 29.07mg (7.27%), Copper: 0.14mg (7.09%), Vitamin B3: 1.35mg (6.76%), Vitamin B5: 0.67mg (6.71%), Vitamin B2: 0.11mg (6.55%), Calcium: 60.79mg (6.08%), Iron: 1mg (5.53%), Folate: 18.17µg (4.54%), Vitamin E: 0.66mg (4.38%), Vitamin B1: 0.06mg (4.25%), Zinc: 0.61mg (4.08%), Selenium: 2.18µg (3.11%), Vitamin D: 0.33µg (2.22%)