



Celery Root Bisque with Thyme Croutons

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 1 cup celery chopped
- ☐ 2 pounds celery roots trimmed peeled cut into 1/2-inch cubes (5 1/2 cups) (celeriac)
- ☐ 1.5 teaspoons thyme leaves fresh minced
- ☐ 5 cups low-salt chicken broth
- ☐ 10 ounce baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 cup shallots coarsely chopped (3 large)
- ☐ 8 servings additional thyme fresh chopped

☐ 0.3 cup whipping cream

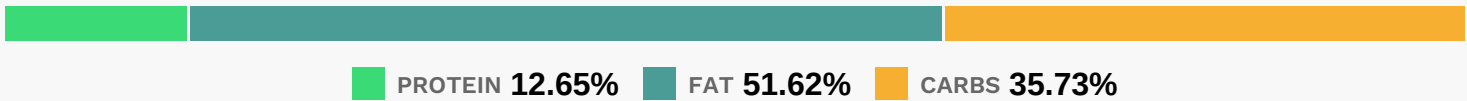
Equipment

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

Directions

- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add celery; cover and cook until slightly softened, about 3 minutes.
- ☐ Add shallots; sauté uncovered 3 minutes. Stir in celery root cubes and potato, then broth and 1 1/2 teaspoons thyme. Increase heat to high; bring to boil. Reduce heat to medium-low, cover, and simmer until vegetables are very tender, about 40 minutes. Cool slightly.
- ☐ Working in batches, transfer soup to blender and puree until smooth. (Can be prepared 2 days ahead. Cool slightly. Cover and refrigerate.)
- ☐ Stir cream into soup and bring to simmer. Season to taste with salt and pepper. Ladle soup into bowls.
- ☐ Sprinkle with additional chopped thyme and serve.

Nutrition Facts



Properties

Glycemic Index:39.84, Glycemic Load:6.26, Inflammation Score:-9, Nutrition Score:9.8586956910465%

Flavonoids

Apigenin: 3.63mg, Apigenin: 3.63mg, Apigenin: 3.63mg, Apigenin: 3.63mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 157.42kcal (7.87%), Fat: 9.6g (14.77%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 11.81g (4.29%), Sugar: 3.49g (3.87%), Cholesterol: 23.66mg (7.89%), Sodium: 196.36mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Vitamin K: 38.42µg (36.59%), Potassium: 668.81mg (19.11%), Vitamin A: 918.72IU (18.37%), Vitamin B6: 0.29mg (14.44%), Vitamin B3: 2.85mg (14.27%), Folate: 56.49µg (14.12%), Manganese: 0.25mg (12.62%), Fiber: 3.14g (12.57%), Vitamin C: 9.36mg (11.34%), Phosphorus: 110.33mg (11.03%), Vitamin B2: 0.15mg (9.04%), Copper: 0.18mg (8.86%), Calcium: 78.57mg (7.86%), Magnesium: 29.46mg (7.36%), Iron: 1.29mg (7.18%), Vitamin B5: 0.49mg (4.92%), Vitamin B1: 0.07mg (4.46%), Vitamin E: 0.58mg (3.88%), Zinc: 0.52mg (3.48%), Vitamin B12: 0.17µg (2.86%), Selenium: 1.12µg (1.6%)