

Celery Root Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 servings pepper black freshly ground
- 2.5 pounds celery root peeled cut into 1-inch chunks (3 medium)
- 2 medium garlic clove peeled smashed
- 2 teaspoons kosher salt as needed plus more
- 1 cup leek light white green thinly sliced (1 medium)
- 3 tablespoons olive oil extra virgin extra-virgin plus more for garnish
- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith, peeled, cored, and cut into 1-inch chunks
- 2 cups vegetable broth low-sodium

- 3 cups water
- 12 ounces yukon gold potatoes peeled cut into 1-inch chunks (2 large)

Equipment

- sauce pan
- knife
- blender
- kitchen towels

Directions

- Heat oil in a large saucepan with a tightfitting lid over medium-high heat until shimmering.
- Add leek and cook, stirring occasionally, until softened and translucent, about 3 minutes.
- Add celery root, potatoes, apple, garlic, salt, and a pinch of pepper. Stir to coat vegetables with oil, add water and broth, and bring to a boil. Cover, reduce heat to low, and simmer until vegetables just give way when pierced with a knife, about 20 to 25 minutes.
- Remove 1 cup of liquid from the saucepan; set aside. Using a blender, purée the soup in batches until smooth, removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam from the hot soup to escape and prevents the blender lid from popping off). Once blended, transfer the soup back to the saucepan and keep warm over low heat. If the soup is too thick, add the reserved liquid a little at a time until the soup reaches the desired consistency. Taste and season with additional salt and pepper as needed. To serve, drizzle with olive oil.

Nutrition Facts

 PROTEIN **8.23%**  FAT **30.44%**  CARBS **61.33%**

Properties

Glycemic Index:24.48, Glycemic Load:8.37, Inflammation Score:-4, Nutrition Score:9.7034783570663%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg

1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 129.99kcal (6.5%), Fat: 4.63g (7.13%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 17.39g (6.32%), Sugar: 4.53g (5.03%), Cholesterol: 0mg (0%), Sodium: 586.25mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin K: 54.43µg (51.83%), Vitamin C: 17.87mg (21.66%), Vitamin B6: 0.32mg (16.17%), Phosphorus: 155.99mg (15.6%), Manganese: 0.3mg (15.22%), Potassium: 522.78mg (14.94%), Fiber: 3.63g (14.5%), Magnesium: 34.95mg (8.74%), Vitamin E: 1.13mg (7.55%), Copper: 0.15mg (7.33%), Iron: 1.32mg (7.31%), Calcium: 63.17mg (6.32%), Vitamin B1: 0.09mg (6.24%), Vitamin B3: 1.21mg (6.05%), Vitamin B5: 0.53mg (5.28%), Folate: 20.79µg (5.2%), Vitamin B2: 0.09mg (5.13%), Zinc: 0.51mg (3.38%), Vitamin A: 159.47IU (3.19%), Selenium: 1.08µg (1.54%)