



Celery Root Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tsp cayenne pepper
- ☐ 1 celery root diced whole
- ☐ 2 celery stalks whole sliced
- ☐ 1 small onion diced whole
- ☐ 1 parsnips diced whole
- ☐ 1 shallots whole minced
- ☐ 4 cups vegetable broth
- ☐ 2 garlic cloves whole minced

Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Line a large pot with water and add onion. Cook over medium high heat until onions are begining to be translucent, about 3 minutes.
- ☐ Add parnsips and celery and cook until celery turns bright green and starts to soften, about 3 minutes. Stir in shallot and garlic and cook for another two minutes.
- ☐ Add all remaining ingredients, cover and bring to a boil over high heat.
- ☐ Let boil for 2-3 minutes, then reduce to low and simmer 45-60 minutes. Jane's recipe called for using an immersion blender, which you can do here, but I transfered my soup to the blender in batches, pulsing to prevent overly pureeing the soup and making it too thin.

☐ Garnish with celery leaves or sliced green onions and fresh black pepper.Nutritional

☐ Information

☐ Amount Per Serving

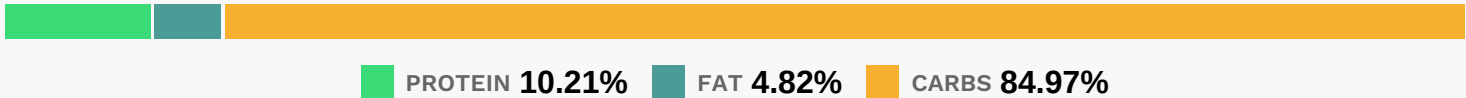
☐ Calories

☐ Fat

☐ NA Carbohydrate

☐ gDietary Fiber NA Sugars1gProtein NA

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:9.01, Inflammation Score:-7, Nutrition Score:14.149130593175%

Flavonoids

Apigenin: 3.97mg, Apigenin: 3.97mg, Apigenin: 3.97mg, Apigenin: 3.97mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 124.51kcal (6.23%), Fat: 0.72g (1.1%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 22.92g (8.33%), Sugar: 7.78g (8.64%), Cholesterol: 0mg (0%), Sodium: 1109.82mg (48.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin K: 76.44µg (72.8%), Manganese: 0.55mg (27.54%), Vitamin C: 22.26mg (26.98%), Phosphorus: 227.31mg (22.73%), Fiber: 5.51g (22.03%), Potassium: 699.52mg (19.99%), Vitamin B6: 0.38mg (18.83%), Vitamin A: 697.51IU (13.95%), Magnesium: 48.08mg (12.02%), Folate: 45.65µg (11.41%), Calcium: 94.34mg (9.43%), Copper: 0.18mg (8.97%), Vitamin B1: 0.13mg (8.85%), Vitamin E: 1.31mg (8.73%), Vitamin B5: 0.86mg (8.58%), Iron: 1.54mg (8.57%), Vitamin B2: 0.13mg (7.63%), Vitamin B3: 1.5mg (7.49%), Zinc: 0.85mg (5.67%), Selenium: 2.26µg (3.23%)