



Celery-Root Soup with Bacon and Green Apple

 Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



296 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 oz bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup celery leaves
- ☐ 1.5 lb celery root with a knife and cut into 1/2-inch pieces peeled
- ☐ 1 apples i use 2 granny smith apples
- ☐ 0.5 cup half and half
- ☐ 0.8 lb leek white green
- ☐ 1.8 cups chicken broth reduced-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt
- ☐ 3 cups water

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ ziploc bags
- ☐ microwave

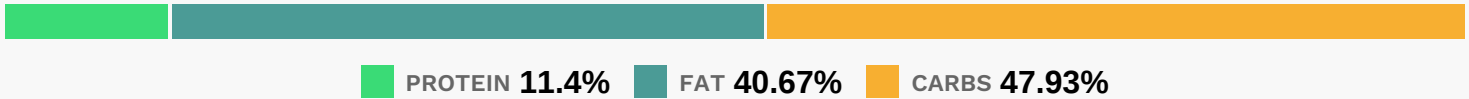
Directions

- ☐ Halve leeks lengthwise, then coarsely chop. Wash leeks in a bowl of cold water, agitating them, then lift out onto paper towels and pat dry.
- ☐ Cook bacon in a 4-quart heavy pot over moderate heat, turning occasionally, until crisp, 6 to 8 minutes.
- ☐ Transfer to paper towels.
- ☐ Pour off all but 2 teaspoons fat from pot, then add oil and cook leeks over moderate heat, stirring occasionally, until softened, about 6 minutes.
- ☐ Add celery root and cook, stirring, 2 minutes.
- ☐ Add water and broth and bring to a boil, then reduce heat and simmer, uncovered, until celery root is very tender, 35 to 40 minutes.
- ☐ While soup simmers, thinly slice apple lengthwise into 1/8-inch-thick slices with slicer, working around core, then cut slices into 1/8-inch matchsticks with a knife. Gently toss with celery and celery leaves.
- ☐ Purée soup in batches in a blender until smooth (use caution when blending hot liquids), transferring to a bowl. Return soup to cleaned pot. (If soup is too thick, thin with 1/2 to 3/4 cup water.) Stir in salt, pepper, and half-and-half and cook over moderately low heat, stirring

occasionally, until warm. Season with salt, then divide among 4 bowls and top with apple-celery mixture and coarsely crumbled bacon.

☐ Soup, without half-and-half, can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat over moderately low heat, then add half-and-half and cook until heated through. Cool bacon completely, then chill, wrapped in paper towels in a sealed plastic bag. Recrisp in a preheated 300°F oven 6 to 8 minutes, or wrap in a paper towel and recrisp in a microwave 30 seconds to 1 minute. Prepare apple-celery mixture while reheating soup and recrisping bacon.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:9.54, Inflammation Score:-8, Nutrition Score:21.450000125429%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 296.25kcal (14.81%), Fat: 14.1g (21.7%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 31.36g (11.4%), Sugar: 12.42g (13.8%), Cholesterol: 19.94mg (6.65%), Sodium: 936.94mg (40.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.79%), Vitamin K: 119.2µg (113.52%), Manganese: 0.73mg (36.67%), Vitamin A: 1643.87IU (32.88%), Vitamin C: 26.79mg (32.47%), Phosphorus: 315.44mg (31.54%), Vitamin B6: 0.58mg (28.78%), Potassium: 921.93mg (26.34%), Fiber: 6.03g (24.13%), Folate: 77.43µg (19.36%), Iron: 3.4mg (18.87%), Vitamin B3: 3.65mg (18.27%), Calcium: 177.41mg (17.74%), Magnesium: 70.04mg (17.51%), Copper: 0.33mg (16.61%), Vitamin B2: 0.25mg (14.82%), Vitamin E: 2.17mg (14.48%), Vitamin B1: 0.2mg (13.09%), Vitamin B5: 0.96mg (9.62%), Selenium: 5.94µg (8.49%), Zinc: 1.12mg (7.44%), Vitamin B12: 0.23µg (3.86%)