



## Chestnut and Fennel Soup

 **Gluten Free**  **Popular**

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**230 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 tablespoons butter
- 1 cup onion chopped ( one medium onion)
- 1 cup celery chopped ( 2 large ribs)
- 4 cups fennel bulb chopped ( 2 large bulbs)
- 6 servings salt
- 6 servings bell pepper
- 2 cooking apples red good cored peeled chopped (I used fuji. Jonagold, Jonathan, Golden delicious, or Braeburn would be , do NOT use delicious)
- 2 sprigs thyme dried fresh (or a teaspoon of )

- 15 ounces roasted chestnuts jarred peeled chopped ( is best) (do NOT use water chestnuts)
- 4 cups chicken stock see low sodium ( )
- 3 cups water
- 1 Sprigs fennel fronds for garnish
- 1 tablespoons ricard pastis
- 1 tablespoons ricard pastis

## Equipment

- food processor
- bowl
- pot
- blender

## Directions

- Cook onion, celery, fennel in butter: Melt butter in a large, thick-bottomed pot (6 to 8 qt) on medium heat. Stir in the chopped onion, celery, and fennel.
- Sprinkle with salt and pepper. Cook until the onions are translucent and the fennel and celery softened, about 10 minutes.
- Stir in the chopped roasted chestnuts, chopped apples, and thyme.
- Add the chicken stock and water. Increase the heat to high and bring to a boil, reduce the heat to low, and simmer, covered, for 45 minutes.
- Purée the soup: Working in batches, purée in a blender or food processor until completely smooth. Remember to fill the blender bowl no more than halfway, and keep your hand pressing down on the top of the blender lid, or the pressure from blending the hot liquid may cause the soup to splatter everywhere.
- Adjust seasoning, add Pernod and/or sour cream: If too thick, add more water to thin to the consistency you desire. Taste and add more salt and pepper if needed. Stir in the Pernod or Pastis if using (or other anise flavored liqueur).
- Either stir in sour cream, or dilute the sour cream and drizzle over the bowls at service.
- Serve hot, garnish with fennel fronds.

## Nutrition Facts

PROTEIN 10.02% FAT 32.76% CARBS 57.22%

## Properties

Glycemic Index:51.33, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:19.427826093591%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

## Nutrients (% of daily need)

Calories: 229.68kcal (11.48%), Fat: 9.08g (13.97%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 27.33g (9.94%), Sugar: 16.01g (17.79%), Cholesterol: 20.07mg (6.69%), Sodium: 363.82mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin C: 109.58mg (132.82%), Vitamin A: 2768.49IU (55.37%), Vitamin K: 47.42µg (45.16%), Fiber: 8.36g (33.43%), Vitamin B6: 0.51mg (25.32%), Potassium: 815.64mg (23.3%), Manganese: 0.39mg (19.39%), Vitamin B3: 3.81mg (19.03%), Folate: 69.73µg (17.43%), Vitamin E: 2.44mg (16.29%), Copper: 0.3mg (14.77%), Phosphorus: 137.96mg (13.8%), Iron: 2.26mg (12.57%), Vitamin B2: 0.19mg (11.38%), Magnesium: 35.53mg (8.88%), Calcium: 68.03mg (6.8%), Zinc: 1mg (6.64%), Vitamin B5: 0.65mg (6.51%), Vitamin B1: 0.08mg (5.66%), Vitamin B12: 0.17µg (2.89%), Selenium: 1.56µg (2.22%)