



Chestnut Soup

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baking potato cubed peeled
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 cup honey shelled cooked (1 pound in shells)
- ☐ 1.3 cups croutons plain
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup milk 2% low-fat
- ☐ 52.5 ounce low-salt chicken broth canned

- ☐ 1 tablespoon butter
- ☐ 1 cup onion chopped
- ☐ 5 servings paprika
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt

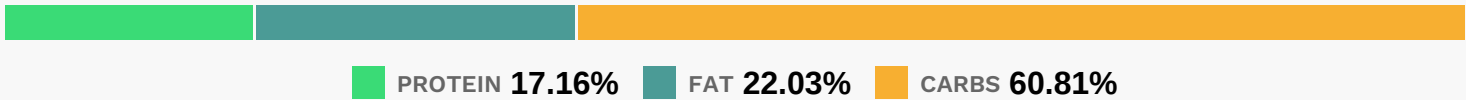
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Melt margarine in a large saucepan over medium heat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add celery and carrot; saut 6 minutes.
- ☐ Add potato and next 5 ingredients (potato through broth). Bring to a boil, reduce heat, and simmer 40 minutes.
- ☐ Place chestnut mixture in a blender; process until smooth. Return to pan; stir in milk. Cook until thoroughly heated. Ladle soup into individual bowls; top with croutons, and sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:72.72, Glycemic Load:15.95, Inflammation Score:-9, Nutrition Score:13.591304302216%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 213.55kcal (10.68%), Fat: 5.48g (8.44%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 31.48g (11.45%), Sugar: 4.05g (4.5%), Cholesterol: 1.18mg (0.39%), Sodium: 257.06mg (11.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.61g (19.22%), Vitamin A: 3325.76IU (66.52%), Vitamin B3: 5.54mg (27.69%), Potassium: 728.14mg (20.8%), Vitamin C: 16.69mg (20.23%), Vitamin B6: 0.36mg (17.85%), Copper: 0.35mg (17.59%), Phosphorus: 172.89mg (17.29%), Manganese: 0.29mg (14.68%), Vitamin B2: 0.2mg (12.06%), Iron: 2.07mg (11.52%), Folate: 44.46µg (11.12%), Vitamin B1: 0.16mg (10.56%), Fiber: 2.57g (10.26%), Magnesium: 33.3mg (8.33%), Calcium: 78.92mg (7.89%), Vitamin K: 7.89µg (7.51%), Vitamin B12: 0.44µg (7.41%), Zinc: 0.88mg (5.88%), Selenium: 3.77µg (5.39%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.26µg (1.73%)