



Chestnut Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



271 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 14 ounce honey whole crumbled cooked peeled (3 cups)
- ☐ 3 flat-leaf parsley sprigs fresh
- ☐ 0.3 cup heavy cream
- ☐ 6 cups chicken broth low-sodium
- ☐ 0.3 cup scerial madeira

- ☐ 0.5 cup onion finely chopped
- ☐ 1 turkish or
- ☐ 3 tablespoons butter unsalted

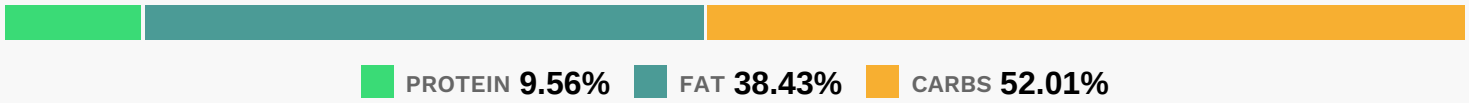
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ wax paper
- ☐ cheesecloth

Directions

- ☐ Melt butter in a 3-quart heavy saucepan over low heat, then stir in celery, carrot, and onion. Cover surface of vegetables with a buttered round of wax paper or parchment (buttered side down) and cover pan with lid, then sweat vegetables 15 minutes (to soften).
- ☐ Wrap parsley, cloves, and bay leaf in cheesecloth and tie into a bundle with string to make a bouquet garni.
- ☐ Discard buttered paper from vegetables, then add broth and bouquet garni and bring to a boil. Reduce heat and simmer, covered, 20 minutes.
- ☐ Add chestnuts and Madeira and simmer, covered, 3 minutes.
- ☐ Purée soup in small batches (4 or
- ☐ in a blender until smooth (use caution when blending hot liquids), transferring to a 3- to 4-quart heavy saucepan. Stir in cream, pepper, and salt to taste and reheat soup over moderate heat, stirring occasionally.
- ☐ Soup can be made 2 days ahead and cooled, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:39.81, Glycemic Load:16.48, Inflammation Score:-9, Nutrition Score:11.202173893866%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 270.84kcal (13.54%), Fat: 11.56g (17.79%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 34.51g (12.55%), Sugar: 1.89g (2.09%), Cholesterol: 26.26mg (8.75%), Sodium: 91mg (3.96%), Alcohol: 1.03g (100%), Alcohol %: 0.36% (100%), Protein: 6.48g (12.95%), Vitamin A: 2201.54IU (44.03%), Vitamin C: 29.2mg (35.4%), Copper: 0.41mg (20.72%), Vitamin B3: 4.14mg (20.69%), Potassium: 620.77mg (17.74%), Vitamin B6: 0.3mg (15.15%), Manganese: 0.29mg (14.41%), Vitamin K: 13.11µg (12.49%), Folate: 47.47µg (11.87%), Phosphorus: 115.23mg (11.52%), Vitamin B1: 0.11mg (7.57%), Iron: 1.28mg (7.1%), Vitamin B2: 0.12mg (7.01%), Magnesium: 27.99mg (7%), Zinc: 0.67mg (4.46%), Vitamin B12: 0.26µg (4.4%), Calcium: 42.28mg (4.23%), Vitamin B5: 0.42mg (4.22%), Fiber: 0.7g (2.81%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.26µg (1.76%)