



Chestnut Soup with Sourdough Sage Croutons

 Vegetarian

READY IN



1500 min.

SERVINGS



10

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup carrots coarsely chopped
- ☐ 1.3 cups celery stalks coarsely chopped
- ☐ 15 oz honey whole cooked peeled chopped ()
- ☐ 2 tablespoons sherry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon sage fresh chopped

- ☐ 1.3 cups leek white green coarsely chopped (and pale parts only)
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion coarsely chopped
- ☐ 2 teaspoons salt to taste
- ☐ 1 teaspoon sea salt (preferably Maldon)
- ☐ 0.5 sourdough bread cut into 1/4-inch cubes (4 cups)
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons butter unsalted
- ☐ 2.5 qt water

Equipment

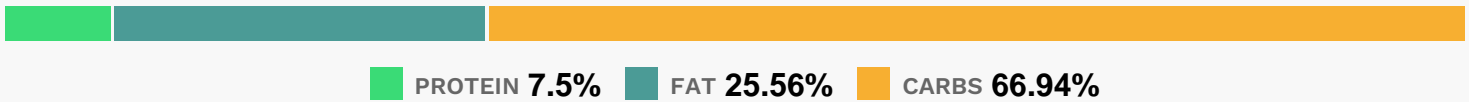
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 375°F.
- ☐ Spread chestnuts in 1 layer in a large shallow baking pan, then roast in oven until dry and slightly darkened, about 20 minutes.
- ☐ While chestnuts roast, wash leeks in a bowl of cold water, agitating them, then lift out and drain well.
- ☐ Heat oil and butter in a 5- to 6-quart heavy pot over moderately high heat until foam subsides, then sauté leeks, onion, celery, carrots, and bay leaves, stirring occasionally, until vegetables are pale golden, 8 to 10 minutes.

- ☐ Add chestnuts and tamari and cook, stirring, until most of liquid is evaporated, 1 to 2 minutes.
- ☐ Add water (2 1/2 quarts) and salt and simmer, uncovered, stirring occasionally, until vegetables are tender, about 30 minutes.
- ☐ Remove from heat and stir in parsley and sage. Discard bay leaves.
- ☐ Purée soup in 3 batches in a blender until smooth (use caution when blending hot liquids), transferring to a bowl.
- ☐ Pour purée through a medium-mesh sieve into cleaned pot, pressing hard on and then discarding solids. Bring soup to a simmer and stir in Sherry, pepper, and salt to taste, then remove from heat.
- ☐ Heat oil and butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then cook bread cubes with sage, turning occasionally, until croutons are golden, 6 to 10 minutes.
- ☐ Add chestnuts and cook, stirring, 2 minutes.
- ☐ Transfer to a large bowl and toss with sea salt.
- ☐ Ladle soup into bowls and sprinkle each serving with about 1/3 cup topping.
- ☐ •Topping can be made 3 days ahead and cooled completely, then kept in an airtight container at room temperature. Reheat in 1 layer on a baking sheet in a 350°F oven until bread is crisp, 10 to 20 minutes. •Soup, without Sherry, can be made 3 days ahead and cooled completely, uncovered, then chilled, covered. Reheat and stir in Sherry before serving.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:20.82, Inflammation Score:-9, Nutrition Score:14.527391158368%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

6.59mg

Nutrients (% of daily need)

Calories: 221.19kcal (11.06%), Fat: 6.3g (9.69%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 35.19g (12.8%), Sugar: 3.69g (4.1%), Cholesterol: 6.02mg (2.01%), Sodium: 971.33mg (42.23%), Alcohol: 0.31g (100%), Alcohol %: 0.1% (100%), Protein: 4.16g (8.32%), Vitamin A: 2631.2IU (52.62%), Copper: 0.9mg (45.01%), Vitamin K: 45.76µg (43.58%), Vitamin C: 24.6mg (29.82%), Manganese: 0.44mg (21.9%), Folate: 76.2µg (19.05%), Vitamin B1: 0.26mg (17.22%), Vitamin B6: 0.27mg (13.63%), Potassium: 392.9mg (11.23%), Iron: 1.88mg (10.44%), Selenium: 6.87µg (9.81%), Vitamin B3: 1.91mg (9.56%), Magnesium: 34.22mg (8.55%), Vitamin B2: 0.14mg (8.04%), Fiber: 1.92g (7.69%), Phosphorus: 65.57mg (6.56%), Calcium: 56.43mg (5.64%), Vitamin E: 0.76mg (5.06%), Vitamin B5: 0.42mg (4.2%), Zinc: 0.62mg (4.16%)