



Cream of Chestnut Soup

 Gluten Free

READY IN



65 min.

SERVINGS



30

CALORIES



142 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 30 servings bacon dried crumbled cooked
- ☐ 3 tablespoons butter
- ☐ 2 carrots chopped
- ☐ 2 rib celery stalks chopped
- ☐ 14.1 oz honey steamed peeled canned
- ☐ 0.3 cup half and half
- ☐ 0.3 cup plum brandy
- ☐ 1 medium size onion sweet chopped

- ☐ 1 thyme sprigs fresh
- ☐ 6 cups vegetable stock

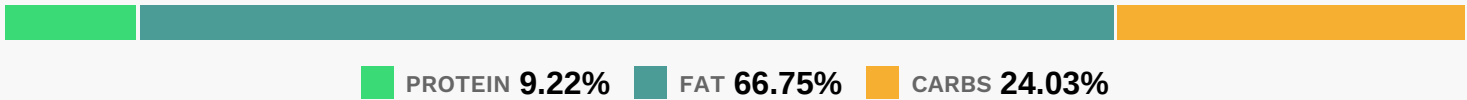
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add onion and next 2 ingredients, and saut 8 to 10 minutes or until tender.
- ☐ Add Marsala, and cook 2 minutes, stirring to loosen particles from bottom of skillet. Stir in vegetable broth, chestnuts, and thyme. Bring to a boil; reduce heat to low, and simmer 20 to 25 minutes or until chestnuts are tender. Discard thyme.
- ☐ Let cool slightly (about 10 minutes).
- ☐ Process soup, in batches, in a blender or food processor until smooth. Return to Dutch oven. Stir in half-and-half and salt and pepper to taste. Cook over low heat, stirring often, 5 minutes or until thoroughly heated.
- ☐ Serve with desired toppings.
- ☐ *1/4 cup dry white wine and 1 tsp. brandy may be substituted.
- ☐ **Roasted, peeled fresh chestnuts may be substituted.
- ☐ Note: We tested with Minerve Whole Chestnuts in Water, which can be found on the baking aisle.

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:3.58, Inflammation Score:-6, Nutrition Score:3.6108695579612%

Flavonoids

Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 142.21kcal (7.11%), Fat: 10.36g (15.94%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 8.17g (2.97%), Sugar: 1.41g (1.57%), Cholesterol: 18.47mg (6.16%), Sodium: 348.47mg (15.15%), Alcohol: 0.31g (100%), Alcohol %: 0.37% (100%), Protein: 3.22g (6.44%), Vitamin A: 837.59IU (16.75%), Vitamin C: 6.21mg (7.52%), Selenium: 4.59µg (6.56%), Vitamin B6: 0.13mg (6.35%), Vitamin B1: 0.09mg (5.89%), Vitamin B3: 1.09mg (5.47%), Phosphorus: 44.27mg (4.43%), Potassium: 140.29mg (4.01%), Copper: 0.07mg (3.71%), Manganese: 0.06mg (3.22%), Folate: 11.2µg (2.8%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.22mg (2.18%), Magnesium: 8.66mg (2.16%), Vitamin B12: 0.12µg (1.96%), Vitamin B2: 0.03mg (1.81%), Iron: 0.27mg (1.49%), Vitamin E: 0.16mg (1.09%), Calcium: 10.72mg (1.07%)