



WHATSheATE



Creamy Apple and Celery Root Soup with Grilled Cheddar, Bacon and Apple Honey Mustard Sandwich

READY IN



55 min.

SERVINGS



4

CALORIES



1705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 12 slices smoky bacon
- ☐ 1 bay leaf
- ☐ 1 stick butter softened
- ☐ 1 large celery root peeled chopped (celery root)
- ☐ 4 cups chicken stock see homemade store-bought
- ☐ 1 cup crème fraîche

- ☐ 0.3 cup grainy dijon mustard
- ☐ 3 tablespoons evoo
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 large gala sweet crispy peeled sliced chopped
- ☐ 0.3 cup honey
- ☐ 1 idaho potato peeled chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 onion chopped
- ☐ 2 parsnips peeled chopped
- ☐ 0.8 pound super sharp cheddar white sliced
- ☐ 8 slices bread white
- ☐ 0.5 cup sauterne wine (citrusy)

Equipment

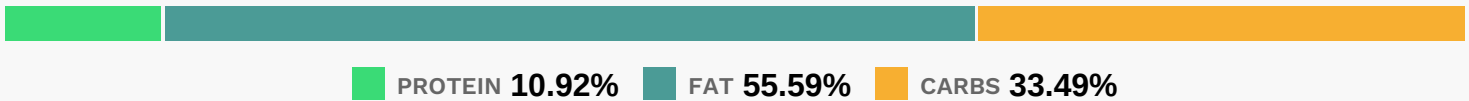
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ For the soup, heat the EVOO, 3 turns of the pan, in a soup pot or large Dutch oven.
- ☐ Add the chopped celeriac, parsnips, potato, onion, bay and thyme. Season with salt and pepper and cook, partially covered, to soften, 10 to 12 minutes, stirring occasionally.
- ☐ Add the apples and lemon juice and cook 5 minutes more. Then deglaze the pan with the Calvados or
- ☐ Sauterne and add the chicken stock. Simmer over medium-low heat, 20 to 25 minutes more. Then remove the bay leaf and puree the soup. If too thick, add 1 cup water to puree.
- ☐ Add the cream or creme fraiche, turn off the heat, cool and store for a make-ahead meal.
- ☐ Butter one side of each slice of bread.

- ☐ Combine the apple butter, honey and mustard and spread over opposite sides of the bread. With the buttered-side facing out, build the cheese sandwiches and individually wrap for make-ahead.
- ☐ To serve, preheat the oven to 375 degrees F.
- ☐ Heat the soup up over medium heat, stirring occasionally. Arrange the bacon on a slotted pan and bake until crisp, about 15 minutes.
- ☐ Place the bacon and sliced apples in the prepared sandwiches.
- ☐ Heat a griddle pan over medium heat and make the grilled cheeses, cooking until deeply golden and crisp on both sides.

Nutrition Facts



Properties

Glycemic Index:131.7, Glycemic Load:54.3, Inflammation Score:-10, Nutrition Score:51.914782731429%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.02mg, Apigenin: 4.02mg, Apigenin: 4.02mg, Apigenin: 4.02mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg

Nutrients (% of daily need)

Calories: 1704.95kcal (85.25%), Fat: 106.13g (163.27%), Saturated Fat: 48.38g (302.36%), Carbohydrates: 143.87g (47.96%), Net Carbohydrates: 129.06g (46.93%), Sugar: 70.12g (77.91%), Cholesterol: 230.47mg (76.82%), Sodium: 2323.46mg (101.02%), Alcohol: 3.12g (100%), Alcohol %: 0.35% (100%), Protein: 46.91g (93.82%), Phosphorus: 984.7mg (98.47%), Vitamin K: 101.14µg (96.33%), Calcium: 936.87mg (93.69%), Selenium: 65.23µg (93.19%), Manganese: 1.49mg (74.27%), Vitamin B2: 1.12mg (65.6%), Fiber: 14.81g (59.23%), Vitamin B3: 11.62mg (58.09%),

Vitamin C: 47.42mg (57.48%), Vitamin B6: 1.14mg (56.77%), Vitamin B1: 0.83mg (55.31%), Potassium: 1929.87mg (55.14%), Vitamin A: 2226.76IU (44.54%), Folate: 176.96µg (44.24%), Zinc: 6.44mg (42.94%), Magnesium: 157.24mg (39.31%), Vitamin E: 5.62mg (37.46%), Iron: 6.22mg (34.55%), Copper: 0.65mg (32.37%), Vitamin B5: 2.66mg (26.56%), Vitamin B12: 1.4µg (23.34%), Vitamin D: 0.77µg (5.16%)