



Creamy Broccoli Tahini Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 1 lb broccoli florets with stems, 1 1/2 lbs)
- ☐ 1 pinch cardamom
- ☐ 0.3 tsp ground pepper (if sensitive to spice, use just a pinch)
- ☐ 0.3 tsp cinnamon
- ☐ 0.8 tsp cumin
- ☐ 2 tbsp olive oil extra virgin
- ☐ 0.3 cup optional: dill fresh chopped

- ☐ 2 tsp garlic crushed
- ☐ 5 oz parsnips peeled chopped
- ☐ 1.5 lbs baking potatoes diced peeled (3 medium potatoes)
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup tahini raw (from seeds is best)
- ☐ 8 cups vegetable stock
- ☐ 1 large onion yellow minced

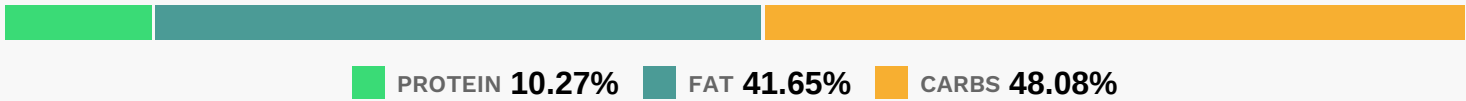
Equipment

- ☐ food processor
- ☐ immersion blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Creamy Broccoli Tahini Soup
- ☐ Ingredients2 tbsp extra virgin olive oil1 large yellow onion, minced2 tsp crushed garlic1 1/2 lbs russet potatoes, peeled and diced (about 3 medium potatoes)1 parsnip (5–6 oz), peeled and chopped2 bay leaves2 qts (8 cups) vegetable broth1 lb broccoli florets (about 3 heads of broccoli– if weighing with stems, 1 1/2 lbs)1/4 cup chopped fresh dill3/4 tsp cumin1/4 tsp cinnamon1/4 tsp cayenne pepper (if sensitive to spice, use just a pinch)Pinch of cardamom
- ☐ Salt and pepper1/2 cup tahini paste (from raw seeds is best)Fresh dill for garnish (optional)You will also need
- ☐ Food processor (optional), immersion blender
- ☐ Servings: 8
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:41.59, Glycemic Load:15.85, Inflammation Score:-8, Nutrition Score:18.126956649449%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 241.62kcal (12.08%), Fat: 11.88g (18.27%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 26.24g (9.54%), Sugar: 5.15g (5.73%), Cholesterol: 0mg (0%), Sodium: 1165.96mg (50.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Vitamin C: 61.99mg (75.14%), Vitamin K: 65.63µg (62.5%), Vitamin B1: 0.38mg (25.12%), Vitamin B6: 0.47mg (23.39%), Phosphorus: 223.96mg (22.4%), Manganese: 0.43mg (21.69%), Potassium: 715.32mg (20.44%), Vitamin A: 1006.05IU (20.12%), Folate: 80.11µg (20.03%), Copper: 0.39mg (19.61%), Fiber: 4.61g (18.42%), Magnesium: 54.6mg (13.65%), Iron: 2.23mg (12.39%), Vitamin B3: 2.28mg (11.39%), Selenium: 7.45µg (10.64%), Zinc: 1.34mg (8.96%), Vitamin E: 1.25mg (8.32%), Vitamin B2: 0.13mg (7.81%), Calcium: 76.92mg (7.69%), Vitamin B5: 0.72mg (7.21%)