



Creamy Celeriac Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 ounces bread baguette french cut into (1-inch) cubes
- ☐ 2 tablespoons butter
- ☐ 5 cups celery root cubed peeled (1-inch) (celery root)
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup half-and-half
- ☐ 3 cups leek sliced

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

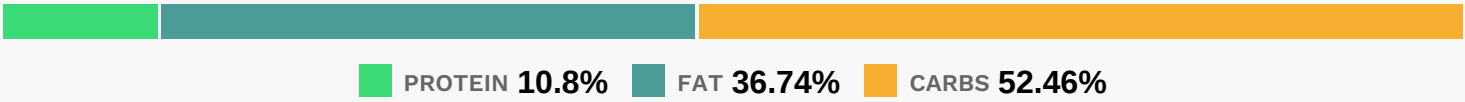
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter; toss with bread on a baking sheet.
- ☐ Bake at 350 for 20 minutes or until golden.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add leek; cook 10 minutes, stirring often. Stir in flour; cook 2 minutes, stirring well.
- ☐ Add celeriac and broth; bring to a simmer. Cook for 30 minutes.
- ☐ Let stand 10 minutes.
- ☐ Place half of mixture in blender.
- ☐ Remove center piece of blender lid, and secure blender lid on blender.
- ☐ Place a clean towel over opening in lid. Process until smooth. Strain pureed mixture through a sieve over a bowl; discard solids. Repeat procedure with remaining celeriac mixture.
- ☐ Return soup to pan over medium heat; stir in half-and-half, pepper, and salt. Cook for 5 minutes.
- ☐ Serve with croutons.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:76.13, Glycemic Load:21.14, Inflammation Score:-8, Nutrition Score:23.952174228171%

Flavonoids

Apigenin: 4.7mg, Apigenin: 4.7mg, Apigenin: 4.7mg, Apigenin: 4.7mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 343.84kcal (17.19%), Fat: 14.56g (22.4%), Saturated Fat: 6.55g (40.92%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 41.28g (15.01%), Sugar: 8.64g (9.6%), Cholesterol: 25.64mg (8.55%), Sodium: 1516.44mg (65.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Vitamin K: 114.93µg (109.46%), Manganese: 0.86mg (43.04%), Phosphorus: 337.21mg (33.72%), Vitamin C: 23.88mg (28.95%), Vitamin A: 1396.1IU (27.92%), Vitamin B6: 0.56mg (27.86%), Vitamin B1: 0.39mg (26.26%), Folate: 103.48µg (25.87%), Selenium: 17.46µg (24.94%), Iron: 4.43mg (24.6%), Potassium: 855.43mg (24.44%), Vitamin B2: 0.39mg (22.69%), Vitamin B3: 4.53mg (22.63%), Fiber: 5.5g (22%), Magnesium: 73.45mg (18.36%), Calcium: 182.9mg (18.29%), Copper: 0.31mg (15.72%), Vitamin E: 2.12mg (14.15%), Vitamin B5: 1.26mg (12.62%), Vitamin B12: 0.52µg (8.72%), Zinc: 1.22mg (8.12%)