



Creamy Celery Root Soup with Smoked Trout

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples cored peeled cut into 2-inch pieces (such as Gala)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1.8 pound celery root peeled cut into 2-inch pieces
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 servings garnish: microgreens fresh
- ☐ 0.3 teaspoon nutmeg freshly grated

- ☐ 1 baking potatoes peeled cut into 2-inch pieces
- ☐ 4 ounces trout smoked flaked
- ☐ 6 cups vegetable broth

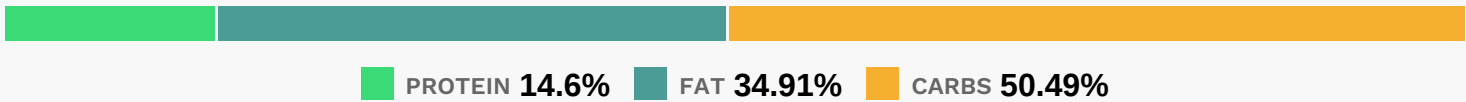
Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Combine first 5 ingredients in a large soup pot. Stir in broth. Bring to a boil; reduce heat, partially cover, and simmer 30 minutes or until potato and celery root are very tender.
- ☐ Add butter, stirring until melted and blended into soup. Puree soup using an immersion blender (or a standard blender, working in batches). Stir in nutmeg. Top each serving with smoked trout and toasted hazelnuts.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:45.47, Glycemic Load:8.26, Inflammation Score:-5, Nutrition Score:10.573913138846%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 151.56kcal (7.58%), Fat: 6.16g (9.48%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 16.97g (6.17%), Sugar: 5.8g (6.45%), Cholesterol: 22.55mg (7.52%), Sodium: 984.2mg (42.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin K: 42.85µg (40.81%), Manganese: 0.45mg (22.64%), Phosphorus: 189.4mg (18.94%), Vitamin B6: 0.35mg (17.61%), Potassium: 523.19mg (14.95%), Vitamin C: 10.82mg (13.12%), Fiber: 3.09g (12.36%), Selenium: 7.57µg (10.81%), Vitamin A: 494.44IU (9.89%), Magnesium: 39.45mg (9.86%), Copper: 0.18mg (8.8%), Vitamin B12: 0.5µg (8.27%), Vitamin B3: 1.48mg (7.4%), Vitamin B1: 0.11mg (7.36%), Vitamin E: 1.05mg (6.97%), Iron: 1.2mg (6.65%), Vitamin B2: 0.11mg (6.49%), Vitamin B5: 0.61mg (6.11%), Calcium: 56.53mg (5.65%), Folate: 17.96µg (4.49%), Zinc: 0.6mg (4.02%)