



Creamy Chinese Celery Soup

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



358 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices crusty baguette (1/4-inch-thick)
- ☐ 0.3 teaspoon pepper black
- ☐ 2 bunches celery chinese cut into 2-inch pieces ()
- ☐ 0.5 cup wine dry white
- ☐ 1 leaves parsley fresh chinese
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 6 servings kosher salt to taste
- ☐ 1 medium leek white green chopped (and pale parts only)

- ☐ 32 fl. oz. chicken broth low-sodium
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 medium baking potatoes (baking)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots chopped
- ☐ 2 tablespoons butter unsalted

Equipment

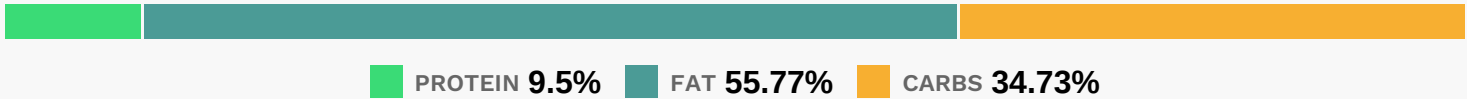
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Wash leek well in a bowl of cold water, then lift out and drain well. Peel and chop potato. Cook shallot in butter and oil in a 3-quart heavy saucepan over moderate heat, stirring, until softened, about 2 minutes.
- ☐ Add leek and cook, stirring, until softened, about 5 minutes.
- ☐ Add celery and potato and cook, stirring, 2 minutes.
- ☐ Add wine and boil 1 minute.
- ☐ Add broth and simmer, covered, until celery is very tender, about 1 hour.
- ☐ Purée soup in batches in a blender until very smooth (use caution when blending hot liquids), then pour through a large medium-mesh sieve into a bowl, pressing hard on solids. Discard solids.
- ☐ Transfer soup to cleaned saucepan, then stir in cream, salt, and pepper and heat over low heat until hot. Thin with water if desired.
- ☐ Preheat oven to 350°F.

- ☐ Brush baguette slices with oil and season generously with kosher salt and pepper. Arrange in 1 layer on a baking sheet, then bake in middle of oven until golden brown and crisp, 12 to 15 minutes.
- ☐ Serve soup topped with croutons.
- ☐ • Soup can be made 1 day ahead and cooled, uncovered, then chilled, covered. • Croutons keep in an airtight container at room temperature 2 days.

Nutrition Facts



Properties

Glycemic Index:54.92, Glycemic Load:17.15, Inflammation Score:-6, Nutrition Score:11.11347822521%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 358.39kcal (17.92%), Fat: 21.88g (33.67%), Saturated Fat: 8.68g (54.27%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 28.39g (10.32%), Sugar: 5.01g (5.57%), Cholesterol: 32.44mg (10.81%), Sodium: 657.58mg (28.59%), Alcohol: 2.06g (100%), Alcohol %: 0.8% (100%), Protein: 8.39g (16.78%), Vitamin K: 21.96µg (20.92%), Vitamin B3: 4.16mg (20.81%), Manganese: 0.38mg (19.13%), Vitamin B1: 0.24mg (16.29%), Folate: 61.61µg (15.4%), Vitamin B6: 0.3mg (15.07%), Vitamin A: 730.95IU (14.62%), Potassium: 486.92mg (13.91%), Iron: 2.46mg (13.68%), Phosphorus: 133.91mg (13.39%), Vitamin B2: 0.22mg (12.94%), Vitamin E: 1.87mg (12.44%), Copper: 0.2mg (10.05%), Selenium: 6.75µg (9.64%), Fiber: 2.27g (9.09%), Calcium: 82.84mg (8.28%), Magnesium: 31.54mg (7.88%), Vitamin C: 6.13mg (7.44%), Zinc: 0.71mg (4.71%), Vitamin B5: 0.41mg (4.05%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.39µg (2.58%)