



Creamy Kohlrabi Soup

READY IN



50 min.

SERVINGS



4

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2 tablespoons butter
- 1 pinch salt and ground pepper black to taste
- 1 pound kohlrabi bulb peeled cut into 1/2-inch dice
- 2.5 cups milk
- 1 onion chopped
- 0.3 cup orzo pasta uncooked
- 2.5 cups vegetable broth

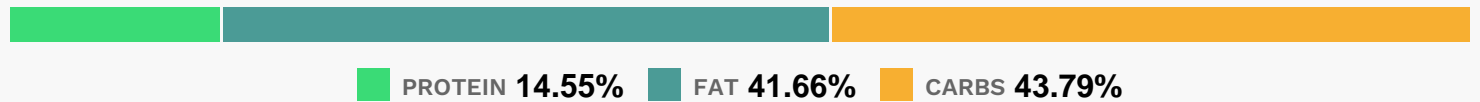
Equipment

- pot
- blender

Directions

- Melt butter in a large stockpot over medium–low heat. Cook and stir onion in melted butter until soft, about 10 minutes.
- Add kohlrabi; cook and stir another 2 minutes.
- Pour vegetable broth and milk over the onion mixture.
- Add bay leaf. Bring the mixture to a boil, place a cover on the pot, and reduce heat to low; cook at a simmer until kohlrabi is tender, about 25 minutes.
- Remove and discard bay leaf; allow the soup to cool slightly.
- Pour the soup into a blender, filling the pitcher no more than halfway. Pulse the blender a few times before leaving on to puree. Work in batches until all soup is blended. Return pureed soup to stockpot; season with salt and pepper.
- Sprinkle orzo pasta into the soup; cover the stockpot and simmer until the orzo is tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:7.53, Inflammation Score:-7, Nutrition Score:14.725217368292%

Flavonoids

Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 225.57kcal (11.28%), Fat: 10.84g (16.68%), Saturated Fat: 6.49g (40.55%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 20.78g (7.56%), Sugar: 12.95g (14.39%), Cholesterol: 33.35mg (11.12%), Sodium: 714.81mg

(31.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.04%), Vitamin C: 72.35mg (87.7%), Phosphorus: 233.63mg (23.36%), Calcium: 225.08mg (22.51%), Potassium: 688.84mg (19.68%), Fiber: 4.86g (19.45%), Vitamin A: 777.88IU (15.56%), Vitamin B6: 0.31mg (15.51%), Vitamin B2: 0.25mg (14.63%), Manganese: 0.29mg (14.52%), Selenium: 9.83µg (14.04%), Vitamin B12: 0.84µg (13.92%), Magnesium: 47.78mg (11.94%), Vitamin D: 1.68µg (11.18%), Vitamin B1: 0.16mg (10.9%), Copper: 0.19mg (9.3%), Vitamin B5: 0.84mg (8.38%), Folate: 25.32µg (6.33%), Zinc: 0.85mg (5.64%), Vitamin E: 0.8mg (5.33%), Vitamin B3: 0.81mg (4.04%), Iron: 0.65mg (3.6%), Vitamin K: 1.22µg (1.16%)