



## Creamy Pear and Parsnip Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 pound carrots
- ☐ 0.3 cup chives fresh minced
- ☐ 2 pounds parsnips
- ☐ 2 pounds comice pears ripe
- ☐ 0.3 cup nonfat yogurt plain low-fat
- ☐ 10 servings salt and pepper
- ☐ 4 cups vegetable broth

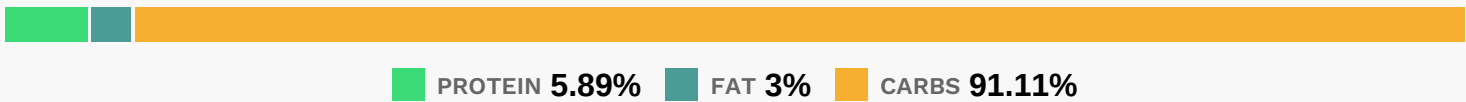
### Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

## Directions

- ☐ Peel parsnips and carrots.
- ☐ Cut into 1/2-inch chunks.
- ☐ In a 4- to 5-quart pan, combine parsnips, carrots, and 4 cups broth. Bring to a boil over high heat; reduce heat, cover, and simmer until vegetables are tender when pierced, 15 to 20 minutes.
- ☐ Meanwhile, peel and core pears.
- ☐ Cut into 1-inch chunks.
- ☐ Add to pan and stir until hot, about 2 minutes.
- ☐ With a slotted spoon, transfer carrots, parsnips, and pears, in batches if necessary, to a blender or food processor. Whirl until smooth, adding enough cooking liquid to pure easily. Return to pan with cooking liquid and stir until steaming. If necessary, add more broth to thin to desired consistency.
- ☐ Ladle soup into bowls.
- ☐ Garnish with crme frache and chives.
- ☐ Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:22.56, Glycemic Load:12.2, Inflammation Score:-10, Nutrition Score:15.824782757655%

## Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 148.02kcal (7.4%), Fat: 0.53g (0.82%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 27.78g (10.1%), Sugar: 16.8g (18.67%), Cholesterol: 0.16mg (0.05%), Sodium: 617.4mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin A: 7859.23IU (157.18%), Fiber: 8.56g (34.24%), Vitamin K: 33.25µg (31.66%), Manganese: 0.62mg (31.12%), Vitamin C: 22.85mg (27.69%), Folate: 78.13µg (19.53%), Potassium: 615.39mg (17.58%), Vitamin E: 1.76mg (11.75%), Phosphorus: 104.77mg (10.48%), Copper: 0.21mg (10.36%), Magnesium: 40.22mg (10.05%), Vitamin B6: 0.18mg (8.84%), Vitamin B1: 0.13mg (8.5%), Vitamin B5: 0.77mg (7.69%), Calcium: 73.39mg (7.34%), Vitamin B2: 0.12mg (6.82%), Vitamin B3: 1.25mg (6.23%), Zinc: 0.82mg (5.48%), Iron: 0.86mg (4.81%), Selenium: 2.08µg (2.97%)