



Creamy Roasted Parsnip Soup



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



10

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 3 carrots peeled cut into 1/2-inch pieces
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 stalks celery diced
- ☐ 4 cups chicken stock see
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion diced
- ☐ 2 pounds parsnips peeled cut into 1/2 inch pieces
- ☐ 10 servings sea salt and ground pepper black to taste
- ☐ 1 cup milk whole

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ kitchen towels

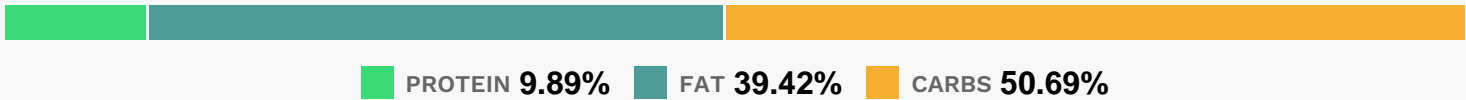
Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C).
- ☐ Place the parsnips and carrots into a mixing bowl, and sprinkle with 1 tablespoon olive oil. Toss to coat the vegetables with oil, then season to taste with salt and pepper.
- ☐ Spread the vegetables evenly over a baking sheet.
- ☐ Roast in the preheated oven until the parsnips are tender and golden brown, about 30 minutes.
- ☐ Heat the remaining 1 tablespoon of olive oil in a large saucepan over medium heat. Stir in the onion and celery. Cook and stir until the vegetables have softened and the onion is beginning to turn golden brown, about 7 minutes. Reduce the heat to low, and stir in the butter, garlic, brown sugar, and the roasted parsnips and carrots. Continue to cook and stir until all of the

vegetables are very tender and beginning to brown, about 10 minutes.

- ☐
- Season with the ginger, cardamom, allspice, nutmeg, and cayenne pepper; stir for 1 minute.
- ☐
- Pour in the chicken stock, and bring to a boil over medium-high heat. Reduce heat to medium-low, partially cover, and simmer gently until all of the vegetables are very tender, about 15 minutes.
- ☐
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- ☐
- Stir in the milk and cream. Return to a simmer over medium-low heat. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:42.98, Glycemic Load:7.68, Inflammation Score:-9, Nutrition Score:14.980434780535%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 203.38kcal (10.17%), Fat: 9.19g (14.14%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 21.04g (7.65%), Sugar: 10.27g (11.41%), Cholesterol: 22.26mg (7.42%), Sodium: 191.38mg (8.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin A: 3385.84IU (67.72%), Manganese: 0.7mg (34.85%), Vitamin K: 28.21µg (26.87%), Vitamin C: 18.63mg (22.58%), Fiber: 5.56g (22.24%), Folate: 76.99µg (19.25%), Potassium: 613.6mg (17.53%), Phosphorus: 138.42mg (13.84%), Vitamin E: 1.91mg (12.73%), Vitamin B3: 2.46mg (12.29%), Vitamin B2: 0.21mg (12.19%), Vitamin B6: 0.23mg (11.32%), Vitamin B1: 0.16mg (10.38%), Magnesium: 40.51mg (10.13%), Copper: 0.19mg (9.41%), Calcium: 92.64mg (9.26%), Vitamin B5: 0.77mg (7.74%), Selenium: 4.99µg (7.13%), Zinc: 0.92mg (6.1%), Iron: 0.97mg (5.38%), Vitamin D: 0.46µg (3.06%), Vitamin B12: 0.15µg (2.55%)