



Creamy Root Vegetable Stew with Gruyère Crostini

READY IN



52 min.

SERVINGS



4

CALORIES



340 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.1 inch diagonally bread baguette french cut
- ☐ 1 tablespoon rosemary fresh divided chopped
- ☐ 3 tablespoons garlic chopped
- ☐ 2 ounces gruyère cheese shredded
- ☐ 2 tablespoons heavy whipping cream
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 1.3 cups parsnips diced peeled () (1/2 pound)
- ☐ 2.3 cups rutabaga diced peeled () (3/4 pound)
- ☐ 0.3 teaspoon salt
- ☐ 2 cups turnip diced peeled ()
- ☐ 2 cups vegetable broth organic
- ☐ 2 cups water
- ☐ 2.5 cups yukon gold potatoes diced peeled () (1 pound)

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onion to pan; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add garlic and 2 teaspoons rosemary; cook 1 minute, stirring occasionally. Stir in potato and next 5 ingredients (through 2 cups water). Bring to a simmer; cook, covered, 20 minutes or until vegetables are tender.
- ☐ Place 3 cups vegetable mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return to pan. Stir in cream, pepper, and salt.
- ☐ Preheat broiler.
- ☐ Arrange bread slices on a baking sheet.
- ☐ Sprinkle each bread slice with 1 tablespoon cheese; top evenly with remaining 1 teaspoon rosemary. Broil 1 minute or until cheese melts.

Nutrition Facts



 **PROTEIN 11.65%**  **FAT 29.07%**  **CARBS 59.28%**

Properties

Glycemic Index:118.35, Glycemic Load:29.63, Inflammation Score:-8, Nutrition Score:21.148695764334%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg

Nutrients (% of daily need)

Calories: 339.66kcal (16.98%), Fat: 11.35g (17.46%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 42.85g (15.58%), Sugar: 12.16g (13.51%), Cholesterol: 24.07mg (8.02%), Sodium: 793.76mg (34.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Vitamin C: 74.52mg (90.33%), Manganese: 0.84mg (42.08%), Vitamin B6: 0.75mg (37.49%), Fiber: 9.21g (36.86%), Potassium: 1250.63mg (35.73%), Phosphorus: 284.8mg (28.48%), Calcium: 260.71mg (26.07%), Folate: 87.95µg (21.99%), Magnesium: 82.19mg (20.55%), Vitamin B1: 0.29mg (19.58%), Copper: 0.35mg (17.65%), Vitamin K: 15.87µg (15.11%), Vitamin B3: 2.78mg (13.9%), Iron: 2.24mg (12.44%), Zinc: 1.77mg (11.78%), Vitamin B5: 1.13mg (11.35%), Vitamin B2: 0.19mg (11.27%), Vitamin A: 516.76IU (10.34%), Vitamin E: 1.52mg (10.12%), Selenium: 5.57µg (7.95%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.2µg (1.37%)