



Curried Celery-Apple Soup with Shiitake

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small apples cored peeled chopped
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 1 bunch celery chopped
- ☐ 1 teaspoon celery seed
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons curry powder yellow
- ☐ 1 cup mushroom caps dried sliced

- ☐ 1 head garlic peeled
- ☐ 2 tablespoons ground cumin
- ☐ 1 tablespoon ground pepper black
- ☐ 0.3 cup miso paste white
- ☐ 1 tablespoon sea salt
- ☐ 2 large chicken breasts boneless skinless cut into bite-size pieces
- ☐ 1 teaspoon truffle oil black
- ☐ 0.3 cup water

Equipment

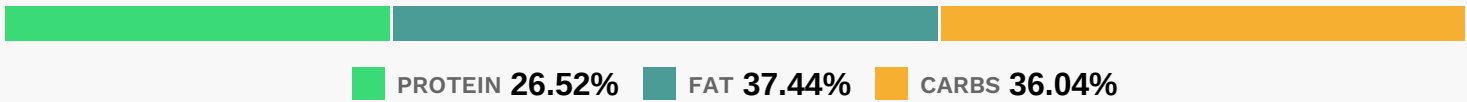
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ mortar and pestle

Directions

- ☐ Using a mortar and pestle, smash the garlic with 1/4 teaspoon sea salt into a paste.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the garlic paste, miso paste, cumin, curry powder, celery seed, black pepper, 1 tablespoon sea salt, celery, and apple to the skillet; cook and stir until the celery is slightly softened, 5 to 7 minutes.
- ☐ Spoon about half the apple and celery mixture into a blender along with the chicken broth. Hold the lid of the blender with a folded kitchen towel and carefully start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree.
- ☐ Pour into a stockpot over medium heat along with the remaining mixture from the skillet, keeping some of the drippings in the skillet.
- ☐ Place the skillet over medium heat. Cook the chicken in the drippings until completely browned, about 5 minutes.

- ☐ Pour the water into the skillet and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- ☐ Pour entire contents of skillet into the stockpot along with the shiitake mushrooms. Simmer the soup until the mushrooms have softened, about 20 minutes. Stir the balsamic vinegar and truffle oil into the soup to serve.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:2.04, Inflammation Score:-3, Nutrition Score:6.9334782154664%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 98.67kcal (4.93%), Fat: 4.3g (6.61%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 7.43g (2.7%), Sugar: 2.77g (3.07%), Cholesterol: 20.95mg (6.98%), Sodium: 1093.8mg (47.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Manganese: 0.35mg (17.57%), Vitamin B3: 3.02mg (15.11%), Selenium: 9.86µg (14.09%), Vitamin B6: 0.28mg (13.82%), Copper: 0.23mg (11.51%), Vitamin B5: 1.01mg (10.07%), Iron: 1.72mg (9.58%), Phosphorus: 87.94mg (8.79%), Fiber: 1.87g (7.49%), Potassium: 237.96mg (6.8%), Vitamin B2: 0.11mg (6.31%), Magnesium: 24.86mg (6.21%), Vitamin K: 6.29µg (5.99%), Zinc: 0.72mg (4.78%), Calcium: 39.11mg (3.91%), Vitamin B1: 0.06mg (3.7%), Vitamin E: 0.53mg (3.52%), Vitamin C: 2.32mg (2.81%), Vitamin A: 139.92IU (2.8%), Folate: 10.92µg (2.73%)