



Fresh Ginger & Parsnip Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 25 g butter
- ☐ 4 servings sprinkling of cayenne pepper to serve
- ☐ 50 g root ginger fresh peeled thinly sliced
- ☐ 2 tsp ground cumin
- ☐ 1 tbsp greek yoghurt to serve
- ☐ 500 g parsnips sliced
- ☐ 4 servings grinding of salt & pepper good
- ☐ 1 bunch spring onion

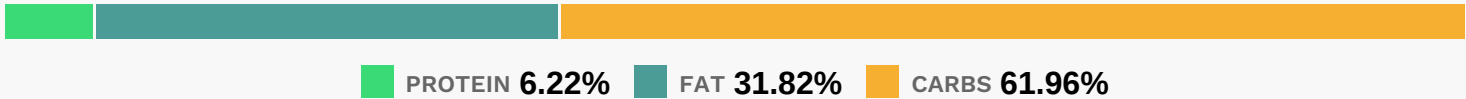
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt the butter in a saucepan, add the ginger and fry gently for 1 minute. Roughly chop the remainder and add to the pan with the parsnips. Fry gently for 2 minutes.
- ☐ Add the stock and bring to the boil. Reduce the heat, cover and simmer gently for 15 minutes until the parsnips are tender.
- ☐ Transfer the soup to a food processor or blender and process until smooth, or leave the soup in the pan and use a hand-held electric blender.
- ☐ Return the soup to the pan,
- ☐ Add the cumin and stir well. Warm the soup through for a minute, then season to taste.I served my soup with a dollop of greek yoghurt and a sprinkling of cayenne pepper, but you could use creme fraiche and scatter some finely sliced spring onion on top.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:9.1, Inflammation Score:-8, Nutrition Score:13.888260815455%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 162.88kcal (8.14%), Fat: 6.13g (9.43%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 19.68g (7.16%), Sugar: 6.71g (7.45%), Cholesterol: 13.63mg (4.54%), Sodium: 252.69mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin K: 42.65µg (40.62%), Manganese: 0.81mg (40.62%), Vitamin C: 24.61mg (29.83%), Fiber: 7.18g (28.72%), Folate: 91.64µg (22.91%), Vitamin A: 1061.06IU

(21.22%), Vitamin E: 2.7mg (18.02%), Potassium: 602.17mg (17.2%), Magnesium: 50.07mg (12.52%), Phosphorus: 112.67mg (11.27%), Copper: 0.2mg (10.01%), Vitamin B6: 0.19mg (9.6%), Iron: 1.73mg (9.59%), Vitamin B1: 0.13mg (8.86%), Vitamin B5: 0.8mg (7.99%), Calcium: 69.37mg (6.94%), Vitamin B2: 0.11mg (6.23%), Zinc: 0.93mg (6.18%), Vitamin B3: 1.23mg (6.15%), Selenium: 3.04µg (4.34%)