



Ginger-Parsnip Soup With Bacon-Parmesan Crisps

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



316 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings bacon-parmesan crisps
- 2 rib celery chopped
- 32 oz chicken broth
- 1 tablespoon ginger fresh grated
- 0.5 cup half-and-half
- 2 tablespoons maple syrup
- 1 tablespoon olive oil

- 1 pound parsnips peeled chopped
- 4 servings salt to taste
- 1 small onion sweet chopped

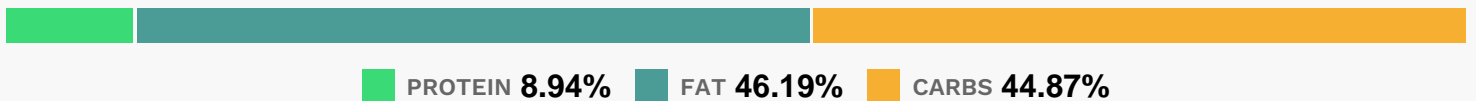
Equipment

- dutch oven
- immersion blender

Directions

- Saut first 2 ingredients in hot oil in a Dutch oven over medium heat 5 to 6 minutes or until tender. Stir in ginger and maple syrup, and saut 1 minute. Stir in broth and parsnips; cover and bring to a boil over medium-high heat. Reduce heat to medium-low, and simmer 18 to 20 minutes or until parsnips are tender.
- Remove from heat, and let cool 10 minutes.
- Process parsnip mixture with a hand-held blender 1 minute or until smooth. Stir in half-and-half; cook over low heat 2 to 4 minutes or until thoroughly heated. Season with salt to taste.
- Serve with Bacon-Parmesan Crisps.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:10.22, Inflammation Score:-6, Nutrition Score:15.586956503599%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

Nutrients (% of daily need)

Calories: 315.91kcal (15.8%), Fat: 16.61g (25.55%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 29.95g (10.89%), Sugar: 17.85g (19.83%), Cholesterol: 29.64mg (9.88%), Sodium: 1218.85mg

(52.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Manganese: 1.04mg (52%), Vitamin C: 23.62mg (28.64%), Vitamin K: 28.41µg (27.06%), Fiber: 6.34g (25.38%), Vitamin B2: 0.41mg (24.2%), Folate: 96.29µg (24.07%), Potassium: 679.17mg (19.4%), Vitamin B1: 0.26mg (17.37%), Phosphorus: 173.06mg (17.31%), Vitamin E: 2.48mg (16.51%), Vitamin B6: 0.29mg (14.32%), Magnesium: 51.18mg (12.79%), Selenium: 8.77µg (12.52%), Vitamin B3: 2.34mg (11.71%), Copper: 0.23mg (11.63%), Calcium: 111.45mg (11.14%), Vitamin B5: 1mg (9.96%), Zinc: 1.39mg (9.27%), Iron: 1.19mg (6.62%), Vitamin B12: 0.21µg (3.55%), Vitamin A: 122.83IU (2.46%)