



Gingered Carrot-and-Parsnip Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds carrots cut into 1-inch pieces
- 2 rib celery chopped
- 10 cup chicken broth
- 2 inch ginger fresh peeled sliced
- 0.3 teaspoon ground pepper white
- 1 cup half-and-half
- 0.8 teaspoon kosher salt or
- 1 tablespoon olive oil

- 1 medium onion chopped
- 1 pound parsnips cut into 1-inch pieces

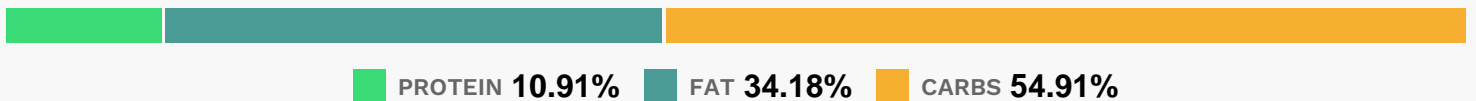
Equipment

- food processor
- blender
- dutch oven

Directions

- Saut celery and onion in hot oil in a large Dutch oven over medium-high heat 10 to 15 minutes or until tender.
- Add ginger, and cook 5 minutes.
- Add carrots, parsnips, and chicken broth to Dutch oven; bring to a boil. Reduce heat, and simmer, stirring occasionally, 45 minutes or until carrots and parsnips are tender.
- Remove from heat; let cool slightly (about 5 to 10 minutes).
- Process mixture, in batches, in a food processor or blender until smooth, stopping to scrape down sides.
- Return puree to Dutch oven. Stir in half-and-half, salt, pepper, and, if desired, allspice and nutmeg; simmer, stirring occasionally, over low heat 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:6.89, Inflammation Score:-10, Nutrition Score:15.349130340244%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 157.24kcal (7.86%), Fat: 6.25g (9.61%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 17.14g (6.23%), Sugar: 9.88g (10.98%), Cholesterol: 16.46mg (5.49%), Sodium: 1391.65mg (60.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin A: 14322.57IU (286.45%), Manganese: 0.6mg (29.99%), Vitamin K: 25.56µg (24.34%), Fiber: 5.45g (21.79%), Vitamin C: 16.05mg (19.46%), Vitamin B2: 0.31mg (18.48%), Potassium: 605.68mg (17.31%), Folate: 57.96µg (14.49%), Vitamin E: 1.86mg (12.39%), Vitamin B1: 0.18mg (12.32%), Phosphorus: 115.26mg (11.53%), Vitamin B6: 0.2mg (10.15%), Vitamin B3: 1.94mg (9.7%), Calcium: 96.46mg (9.65%), Magnesium: 34.83mg (8.71%), Copper: 0.16mg (8.16%), Vitamin B5: 0.71mg (7.07%), Zinc: 0.89mg (5.95%), Iron: 0.87mg (4.84%), Selenium: 3.33µg (4.76%), Vitamin B12: 0.12µg (1.94%)