



Honey Roasted Parsnip Bisque

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



508 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 0.5 teaspoon peppercorns black
- 1 carrots cut in 1/2
- 3 cups heavy cream
- 6 tablespoons honey divided
- 1 small onion
- 1 bunch parsley
- 2 pounds parsnips peeled quartered

- 3 teaspoons salt divided
- 0.3 cup vegetable oil
- 6 cups water
- 2 teaspoons pepper white

Equipment

- baking sheet
- oven
- pot
- blender
- immersion blender
- cheesecloth

Directions

- Special equipment: Cheesecloth
- Preheat the oven to 375 degrees F.
- Toss the parsnips with the oil and 1 teaspoon of salt and drizzle with 3 tablespoons honey.
- Place on a baking sheet and put into the top half of the oven. Roast 30 minutes, or until the parsnips are a deep golden brown; they tend to burn easily so make sure to toss often while roasting.
- Meanwhile, put the water into a large pot and place over high heat.
- Lay a double layer of cheesecloth on a flat surface and place the carrot, onion, parsley, bay leaves and peppercorns in the center. Tie the cheesecloth up and around the vegetable and herb mix and drop it into the water. Bring to a boil, lower the heat and simmer for 30 minutes.
- Remove the parsnips from the oven and place them immediately into the stock.
- Add the remaining honey and salt and white pepper; simmer for about 20 minutes. Puree with an immersion blender, or in batches in a blender.
- Add the cream and cook for another 10 minutes or until thick.

Nutrition Facts



■ PROTEIN 3.34% ■ FAT 67.46% ■ CARBS 29.2%

Properties

Glycemic Index:30.26, Glycemic Load:15.01, Inflammation Score:-9, Nutrition Score:19.786521766497%

Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 508.04kcal (25.4%), Fat: 39.48g (60.73%), Saturated Fat: 21.65g (135.29%), Carbohydrates: 38.45g (12.82%), Net Carbohydrates: 32.06g (11.66%), Sugar: 21.77g (24.19%), Cholesterol: 100.85mg (33.62%), Sodium: 926.68mg (40.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Vitamin K: 159.24µg (151.66%), Vitamin A: 3189.24IU (63.78%), Manganese: 0.74mg (37.15%), Vitamin C: 30.58mg (37.07%), Fiber: 6.39g (25.57%), Folate: 93.94µg (23.49%), Vitamin E: 3.18mg (21.18%), Potassium: 599.2mg (17.12%), Vitamin B2: 0.25mg (14.44%), Phosphorus: 143.59mg (14.36%), Calcium: 123.65mg (12.36%), Magnesium: 47.55mg (11.89%), Copper: 0.21mg (10.32%), Vitamin B5: 0.98mg (9.83%), Vitamin D: 1.43µg (9.52%), Vitamin B1: 0.14mg (9.03%), Vitamin B6: 0.17mg (8.31%), Iron: 1.43mg (7.92%), Zinc: 1.06mg (7.05%), Selenium: 4.94µg (7.05%), Vitamin B3: 1.05mg (5.27%), Vitamin B12: 0.14µg (2.38%)