

Irish Root Soup



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



350 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups baby carrots sliced
- ☐ 0.3 cup butter
- ☐ 1 stalk celery cut into chunks
- ☐ 4 cloves garlic smashed
- ☐ 3 tablespoons green onion chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.8 cup heavy cream
- ☐ 2 leeks white rinsed coarsely chopped

- ☐ 5 potatoes cubed peeled
- ☐ 1 cup vegetable stock
- ☐ 1 large onion yellow chopped

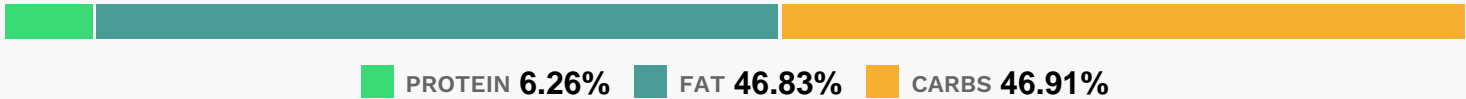
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt the butter in a large stockpot over medium heat; cook and stir the onion, leeks, garlic, and celery in the melted butter until tender, about 10 minutes.
- ☐ Pour 4 cups vegetable stock into the stockpot; add the potatoes. Bring the mixture to a boil, reduce heat to medium-low, and cook the mixture at a simmer 20 minutes.
- ☐ Divide the stock mixture into 3 batches with equal amounts of liquid and vegetables; set aside to cool for 30 minutes.
- ☐ Pour 1 batch of the stock mixture into a blender, filling the pitcher no more than halfway. Hold the blender lid firmly in place and carefully start the blender; use a few quick pulses to get the mixture moving before leaving it on to puree. Repeat process with second batch. Return the pureed batches to the stockpot.
- ☐ Divide third batch into two equal batches. Puree only one of the two batches before returning both to the stockpot.
- ☐ Bring 1 cup vegetable stock to a simmer in a small pot over medium-low heat. Cook the carrots in the simmering stock until soft, 5 to 7 minutes; add to the puree in the stockpot.
- ☐ Stir the green onion and heavy cream through the puree; continue cooking another 5 minutes.
- ☐ Season with salt and pepper; top with Cheddar cheese to serve.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:24.89, Inflammation Score:-10, Nutrition Score:18.895217408305%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 350.15kcal (17.51%), Fat: 18.75g (28.84%), Saturated Fat: 11.79g (73.66%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 36.36g (13.22%), Sugar: 6.26g (6.95%), Cholesterol: 53.95mg (17.98%), Sodium: 270.07mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Vitamin A: 4993.61IU (99.87%), Vitamin C: 42.64mg (51.69%), Vitamin B6: 0.69mg (34.66%), Vitamin K: 29.9µg (28.47%), Potassium: 965.87mg (27.6%), Manganese: 0.54mg (27.25%), Fiber: 5.89g (23.56%), Folate: 65.21µg (16.3%), Phosphorus: 151.73mg (15.17%), Magnesium: 58.57mg (14.64%), Copper: 0.28mg (13.96%), Iron: 2.43mg (13.5%), Vitamin B1: 0.19mg (12.86%), Vitamin B3: 2.24mg (11.21%), Vitamin B2: 0.15mg (8.81%), Calcium: 83.88mg (8.39%), Vitamin B5: 0.82mg (8.23%), Vitamin E: 0.83mg (5.51%), Zinc: 0.76mg (5.09%), Selenium: 2.51µg (3.59%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.06µg (1.06%)