



Jerusalem artichoke & horseradish soup



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



282 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 650 g sunchokes scrubbed
- ☐ 2 tbsp olive oil
- ☐ 600 g vegetable stock
- ☐ 1 medium potatoes diced
- ☐ 1 tbsp horseradish
- ☐ 2 tbsp chives fresh chopped
- ☐ 4 tbsp double cream

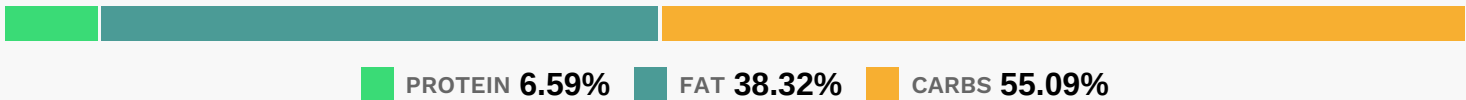
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Put the artichokes in a roasting tin and drizzle with the oil.
- ☐ Bake for 30 mins until tender. remove from the oven, then set aside to cool.
- ☐ Meanwhile, in a large pan, bring the stock to the boil, add the potato and simmer for 5-10 mins until tender. When the artichokes are cool enough to handle, carefully peel away the skins and transfer the flesh to a food processor.
- ☐ Add the potatoes and a little of the vegetable stock, then process until smooth.
- ☐ Return the processed mixture to the remaining stock, stir together and heat gently through. Stir in the horseradish sauce and chopped chives, then season generously to taste. Ladle the soup into bowls and top each with a tablespoon of the cream.
- ☐ Serve soup garnished with the fresh chives.

Nutrition Facts



Properties

Glycemic Index:60.19, Glycemic Load:16.03, Inflammation Score:-6, Nutrition Score:11.833478306947%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 282.26kcal (14.11%), Fat: 12.52g (19.26%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 36.54g (13.29%), Sugar: 18.06g (20.06%), Cholesterol: 16.95mg (5.65%), Sodium: 629.68mg (27.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Iron: 6.03mg (33.52%), Potassium: 949.29mg (27.12%), Vitamin B1: 0.37mg (24.8%), Vitamin C: 18.89mg (22.89%), Phosphorus: 167.84mg (16.78%), Fiber: 3.93g (15.73%), Vitamin B6: 0.29mg (14.61%), Copper: 0.29mg (14.56%), Vitamin B3: 2.71mg (13.54%), Vitamin A: 638.93IU (12.78%), Magnesium: 42.56mg (10.64%), Vitamin E: 1.46mg (9.76%), Manganese: 0.19mg (9.47%), Vitamin K: 9.11µg (8.68%), Vitamin B2: 0.15mg (8.55%), Vitamin B5: 0.85mg (8.49%), Folate: 33.96µg (8.49%), Calcium: 42.59mg (4.26%), Zinc: 0.43mg (2.83%), Selenium: 1.87µg (2.67%), Vitamin D: 0.24µg (1.6%)