



Jerusalem Artichoke Soup

 Vegetarian  Gluten Free  Popular

READY IN



65 min.

SERVINGS



4

CALORIES



246 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter unsalted
- 1 cup onion chopped
- 2 celery stalks chopped
- 2 large garlic cloves chopped
- 2 pounds jerusalem artichokes peeled cut into chunks
- 1 quart chicken stock see [gluten-free for vegetarian option](#), and stock if cooking (use vegetable stock)
- 4 servings salt and pepper black to taste

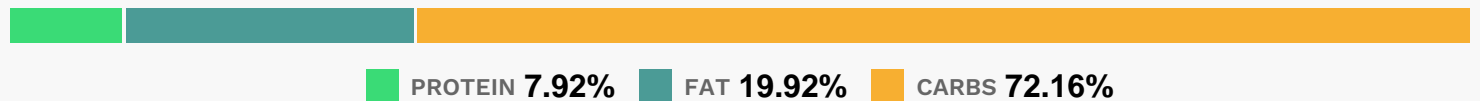
Equipment

- bowl
- pot
- sieve
- blender
- immersion blender

Directions

- Heat the butter in a soup pot over medium-high heat and cook the onions and celery until soft, about 5 minutes. Do not brown them.
- Add the garlic and sauté for 1 minute.
- Sprinkle with salt.
- Add the jerusalem artichokes and the chicken stock to the pot and bring to a simmer. Reduce the heat to low, and simmer, covered, until the jerusalem artichokes begin to break down, 45 minutes to an hour.
- Purée the soup: Using an immersion blender or upright blender, purée the soup. If using an upright blender, fill the blender bowl up only to a third of capacity at a time, if the soup is hot, and hold down the lid while blending. Alternately, you can push the soup through the finest grate on a food mill, or push it through a sturdy sieve.
- Add salt to taste.
- Sprinkle with freshly grated black pepper to serve.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:13.83, Inflammation Score:-7, Nutrition Score:12.266521672192%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 246.1kcal (12.3%), Fat: 5.75g (8.85%), Saturated Fat: 3.61g (22.59%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 42.51g (15.46%), Sugar: 25.53g (28.36%), Cholesterol: 15.05mg (5.02%), Sodium: 1153.44mg (50.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Iron: 7.83mg (43.49%), Vitamin B1: 0.48mg (31.72%), Potassium: 1044.29mg (29.84%), Phosphorus: 192.96mg (19.3%), Fiber: 4.37g (17.49%), Copper: 0.34mg (16.98%), Vitamin C: 12.56mg (15.23%), Vitamin B3: 3.01mg (15.07%), Vitamin A: 734.14IU (14.68%), Vitamin B6: 0.24mg (12.15%), Magnesium: 43.3mg (10.82%), Manganese: 0.22mg (10.78%), Vitamin B5: 0.97mg (9.71%), Folate: 38.06µg (9.51%), Vitamin B2: 0.15mg (8.94%), Calcium: 46.27mg (4.63%), Vitamin E: 0.61mg (4.05%), Selenium: 2.08µg (2.97%), Zinc: 0.37mg (2.45%), Vitamin K: 1.49µg (1.42%)