



Jerusalem Artichoke Soup with Garlic and Bacon

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



278 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 slice extra bacon thick
- ☐ 1 bay leaf
- ☐ 2 quart chicken stock see
- ☐ 3 clove garlic peeled chopped
- ☐ 1.5 pound jerusalem artichokes scrubbed cut into ¼-inch-thick slices (sunchokes)
- ☐ 0.5 teaspoon sage leaves dried crumbled
- ☐ 0.5 teaspoon thyme leaves dried

☐ 2 tablespoon butter unsalted

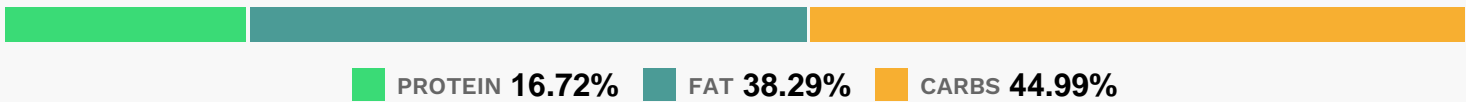
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Melt the butter in a Dutch oven over medium heat.
- ☐ Add the bacon and cook, turning occasionally, until it begins to crisp, about 8 minutes.
- ☐ Add the onion, fennel, leeks, celery, garlic, sage, thyme, bay leaf, ½ teaspoon salt and ¼ teaspoon pepper. Cook, stirring occasionally for 5 minutes.
- ☐ Add the Jerusalem artichokes and cook for 15 to 20 minutes more, stirring occasionally.
- ☐ Pour in the stock, add the potatoes and the remaining 1 teaspoons salt, and bring the mixture to the boil. Lower the heat to a simmer and cook, uncovered, about 30 minutes.
- ☐ Remove the bay leaf and discard it.
- ☐ Remove the bacon and roughly chop it; set it aside until serving time.Using a blender, hand-held immersion blender, or a food processor, and working in batches, puree the soup until it is very smooth. You may need to add a bit of water to achieve desired consistency. Adjust seasoning as needed.Rewarm the soup and ladle the soup into warm bowls. Top each serving with some of the reserved bacon.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:5.9, Inflammation Score:-4, Nutrition Score:12.250869491826%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 278.37kcal (13.92%), Fat: 11.97g (18.41%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 29.75g (10.82%), Sugar: 15.89g (17.65%), Cholesterol: 26.76mg (8.92%), Sodium: 529.25mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Copper: 0.85mg (42.26%), Vitamin B3: 6.92mg (34.58%), Iron: 4.64mg (25.8%), Vitamin B1: 0.37mg (24.76%), Potassium: 848.43mg (24.24%), Vitamin B2: 0.35mg (20.55%), Phosphorus: 193.13mg (19.31%), Vitamin B6: 0.33mg (16.43%), Selenium: 10.2µg (14.58%), Magnesium: 34.25mg (8.56%), Folate: 30.8µg (7.7%), Fiber: 1.89g (7.54%), Vitamin C: 5.91mg (7.16%), Manganese: 0.12mg (5.77%), Vitamin B5: 0.53mg (5.26%), Zinc: 0.74mg (4.91%), Vitamin A: 161.92IU (3.24%), Calcium: 31.63mg (3.16%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.06µg (1.05%), Vitamin K: 1.1µg (1.04%)