



Market Matters- Jerusalem Artichoke Soup

 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 (sunchoke)s
- ☐ 0.5 teaspoon sage leaves dried crumbled
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoon butter unsalted

☐ 1 cup water or as needed

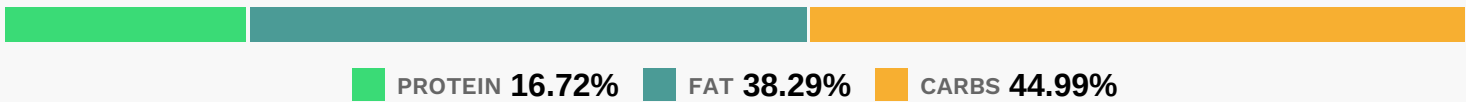
Equipment

- ☐ 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.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:5.9, Inflammation Score:-4, Nutrition Score:12.274782564329%

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: 531.22mg (23.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Copper: 0.85mg (42.57%), 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: 34.65mg (8.66%), 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 (4.93%), Calcium: 32.81mg (3.28%), Vitamin A: 161.92IU (3.24%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.06µg (1.05%), Vitamin K: 1.1µg (1.04%)