



Parsley-Root Soup with Truffled Chestnuts



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



215 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 honey whole peeled (from a 7-ounce jar)
- ☐ 3 garlic clove chopped
- ☐ 3 cups chicken broth reduced-sodium
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion chopped (1 large)
- ☐ 3 pounds parsley with tops), tops discarded and root peeled and chopped
- ☐ 12 inch thyme leaves
- ☐ 1 turkish bay leaf

- ☐ 5 tablespoons butter unsalted
- ☐ 6 cups water
- ☐ 0.5 teaspoon pepper white

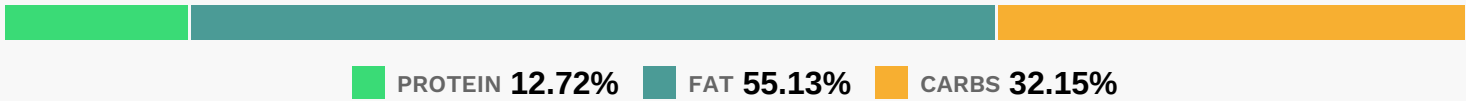
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ peeler

Directions

- ☐ Cook onion and garlic in butter in a large heavy pot over medium heat, stirring occasionally, until onion is softened and golden, 6 to 8 minutes.
- ☐ Add parsley root, thyme, bay leaf, white pepper, and 3/4 teaspoon salt and cook, stirring occasionally, until parsley root begins to soften, 8 to 10 minutes.
- ☐ Add water and broth and simmer, partially covered, until parsley root is very tender, 30 to 40 minutes.
- ☐ Discard thyme and bay leaf and stir in oil. Purée soup in batches in a blender until smooth (use caution when blending hot liquids), transferring to a bowl. If soup is too thick, thin to desired consistency with water. Season with salt, then return to cleaned pot to keep warm, covered, until ready to serve.
- ☐ Shave chestnuts with an adjustable-blade slicer or sharp vegetable peeler as thinly as possible over each serving.
- ☐ Soup, without chestnuts, can be made 2 days ahead and chilled, uncovered, until cool, then covered. Reheat over low heat, thinning with water if necessary. Shave chestnuts over soup just before serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:29.534347666347%

Flavonoids

Apigenin: 366.5mg, Apigenin: 366.5mg, Apigenin: 366.5mg, Apigenin: 366.5mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 25.27mg, Myricetin: 25.27mg, Myricetin: 25.27mg, Myricetin: 25.27mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 215.24kcal (10.76%), Fat: 14.37g (22.11%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 12.65g (4.6%), Sugar: 2.85g (3.17%), Cholesterol: 18.81mg (6.27%), Sodium: 133.33mg (5.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Vitamin K: 2793.51µg (2660.48%), Vitamin A: 14558.43IU (291.17%), Vitamin C: 232.45mg (281.76%), Folate: 269.52µg (67.38%), Iron: 10.97mg (60.96%), Potassium: 1110.64mg (31.73%), Calcium: 257.33mg (25.73%), Fiber: 6.2g (24.82%), Magnesium: 94.05mg (23.51%), Copper: 0.38mg (19.03%), Manganese: 0.37mg (18.36%), Vitamin B3: 3.58mg (17.91%), Vitamin E: 2.24mg (14.94%), Phosphorus: 141.31mg (14.13%), Zinc: 2.04mg (13.63%), Vitamin B2: 0.21mg (12.22%), Vitamin B6: 0.24mg (12.13%), Vitamin B1: 0.17mg (11.66%), Vitamin B5: 0.77mg (7.74%), Vitamin B12: 0.1µg (1.72%)