


# 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
- 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

 PROTEIN 12.72%  FAT 55.14%  CARBS 32.14%

## Properties

Glycemic Index:23.5, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:29.528260902218%

## 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: 215.2kcal (10.76%), Fat: 14.37g (22.1%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 12.64g (4.6%), Sugar: 2.85g (3.17%), Cholesterol: 18.81mg (6.27%), Sodium: 133.32mg (5.8%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.46g (14.91%), Vitamin K: 2793.51µg (2660.48%), Vitamin A: 14557.66IU (291.15%), Vitamin C: 232.44mg (281.75%), Folate: 269.5µg (67.37%), Iron: 10.97mg (60.93%), Potassium: 1110.57mg (31.73%), Calcium: 257.22mg (25.72%), Fiber: 6.2g (24.8%), Magnesium: 94.04mg (23.51%), Copper: 0.38mg (19.03%), Manganese: 0.37mg (18.31%), Vitamin B3: 3.58mg (17.91%), Vitamin E: 2.24mg (14.94%), Phosphorus: 141.3mg (14.13%), Zinc: 2.04mg (13.62%), Vitamin B2: 0.21mg (12.22%), Vitamin B6: 0.24mg (12.12%), Vitamin B1: 0.17mg (11.66%), Vitamin B5: 0.77mg (7.74%), Vitamin B12: 0.1µg (1.72%)