



Parsnip and Apple Soup

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



207 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups chicken stock see (such as Swanson)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 bacon crumbled cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 1 pound fuji apple peeled chopped
- ☐ 2 garlic clove
- ☐ 1.5 teaspoons ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon pepper white
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 1.5 cups onion chopped
- ☐ 2 pounds parsnips peeled chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups water

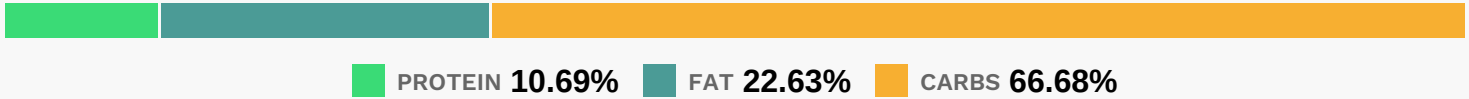
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Melt the butter in a large saucepan over medium-high heat.
- ☐ Add parsnip and next 8 ingredients (through garlic); saut 8 minutes.
- ☐ Add stock, 2 cups water, and vinegar; bring to a boil. Cover, reduce heat, and simmer for 30 minutes or until parsnips are tender.
- ☐ Remove from heat; uncover.
- ☐ Let mixture stand 10 minutes.
- ☐ Place half of the parsnip mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Strain the mixture through a sieve into a bowl, and discard solids.
- ☐ Pour into a large bowl. Repeat procedure with remaining parsnip mixture. Top each serving with 1 tablespoon yogurt.
- ☐ Sprinkle evenly with parsley and bacon.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:10.51, Inflammation Score:-6, Nutrition Score:14.419130347345%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg

Nutrients (% of daily need)

Calories: 207.08kcal (10.35%), Fat: 5.44g (8.36%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 28.37g (10.32%), Sugar: 15.15g (16.83%), Cholesterol: 13.12mg (4.37%), Sodium: 336mg (14.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin K: 43.76µg (41.67%), Manganese: 0.73mg (36.45%), Vitamin C: 26.1mg (31.63%), Fiber: 7.67g (30.69%), Folate: 91.28µg (22.82%), Potassium: 689.92mg (19.71%), Phosphorus: 154.71mg (15.47%), Vitamin E: 1.93mg (12.88%), Vitamin B3: 2.57mg (12.84%), Vitamin B6: 0.25mg (12.31%), Magnesium: 48.96mg (12.24%), Vitamin B1: 0.18mg (11.95%), Copper: 0.24mg (11.81%), Vitamin B2: 0.2mg (11.66%), Calcium: 91.71mg (9.17%), Vitamin B5: 0.88mg (8.78%), Selenium: 5.95µg (8.49%), Zinc: 1.12mg (7.48%), Iron: 1.26mg (6.98%), Vitamin A: 215.83IU (4.32%), Vitamin B12: 0.11µg (1.89%)