



Parsnip and Apple Soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



320 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 1.5 lbs fuji apples cored peeled roughly chopped
- ☐ 4 servings chives chopped
- ☐ 0.3 cup crème fraîche
- ☐ 0.5 cup half-and-half
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 leeks white roughly chopped
- ☐ 3 cups chicken broth reduced-sodium

- ☐ 1 lb parsnips peeled roughly chopped
- ☐ 2 shallots quartered
- ☐ 0.3 teaspoon pepper white

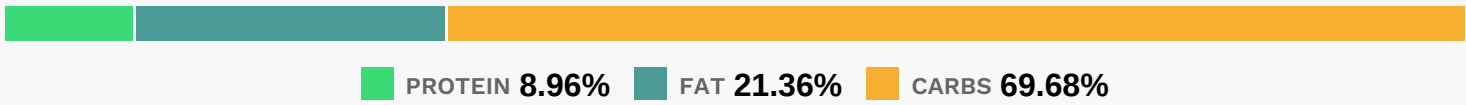
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Pour cider, half-and-half, and broth into a medium saucepan. Cover and bring to a boil over high heat.
- ☐ Add the vegetables and apples and cook, covered, until tender, about 15 minutes.
- ☐ Pure soup with salt and pepper until very smooth, using a hand blender (or regular blender, working in batches).
- ☐ Serve with a swirl of crme frache and chives.

Nutrition Facts



Properties

Glycemic Index:57.94, Glycemic Load:17.54, Inflammation Score:-8, Nutrition Score:19.837826272716%

Flavonoids

Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 14.2mg, Epicatechin: 14.2mg, Epicatechin: 14.2mg, Epicatechin: 14.2mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 320.29kcal (16.01%), Fat: 8.15g (12.54%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 59.85g (19.95%),
Net Carbohydrates: 48.89g (17.78%), Sugar: 30.68g (34.09%), Cholesterol: 19.07mg (6.36%), Sodium: 391.35mg
(17.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Vitamin K: 53.01µg (50.49%),
Manganese: 0.98mg (48.93%), Fiber: 10.96g (43.83%), Vitamin C: 34.72mg (42.08%), Folate: 116.64µg (29.16%),
Potassium: 972.12mg (27.77%), Phosphorus: 217.93mg (21.79%), Vitamin A: 1074.63IU (21.49%), Vitamin B3: 3.65mg
(18.26%), Vitamin B6: 0.36mg (18.21%), Copper: 0.35mg (17.42%), Vitamin E: 2.55mg (16.97%), Magnesium: 64.72mg
(16.18%), Vitamin B2: 0.26mg (15.24%), Calcium: 139.67mg (13.97%), Iron: 2.43mg (13.48%), Vitamin B1: 0.18mg
(12.28%), Vitamin B5: 1.04mg (10.36%), Zinc: 1.2mg (7.98%), Selenium: 4.18µg (5.97%), Vitamin B12: 0.26µg (4.41%)