



## Parsnip and Carrot Soup

READY IN



45 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 12 slices from a baguette thin
- ☐ 1 bay leaf
- ☐ 1 pound carrots diced
- ☐ 5 cups chicken stock see low-sodium canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 small garlic clove peeled
- ☐ 1 medium leek white green thinly sliced
- ☐ 1 pound parsnips diced peeled
- ☐ 4 servings salt and pepper freshly ground

- ☐ 0.5 cup tubetti
- ☐ 2 tablespoons butter unsalted melted
- ☐ 2 tablespoons vegetable oil

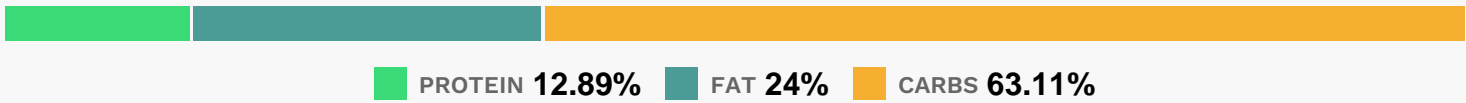
## Equipment

- ☐ sauce pan

## Directions

- ☐ Brush both sides of the bread with the butter and toast until golden. Lightly rub 1 side of the croutons with the garlic clove.
- ☐ Heat the oil in a large saucepan.
- ☐ Add the parsnips and carrots and cook over moderately high heat until golden, about 10 minutes. Stir in the leek, then add the stock and bay leaf. Season with salt and pepper, cover and bring to a boil. Cook over low heat until the vegetables are soft, about 13 minutes.
- ☐ Meanwhile, cook the pasta in boiling salted water until not quite al dente, about 8 minutes; drain.
- ☐ Add to the soup, cover and cook until al dente, about 3 minutes. Discard the bay leaf. Stir in the parsley and serve with the garlic croutons.
- ☐ Serve With: Salad and cured ham.

## Nutrition Facts



## Properties

Glycemic Index:66.15, Glycemic Load:43.97, Inflammation Score:-10, Nutrition Score:37.450869588748%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 662.53kcal (33.13%), Fat: 18.01g (27.7%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 106.56g (35.52%), Net Carbohydrates: 94.41g (34.33%), Sugar: 17.38g (19.31%), Cholesterol: 15.05mg (5.02%), Sodium: 972.84mg (42.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.51%), Vitamin A: 19575.98IU (391.52%), Manganese: 1.64mg (81.89%), Vitamin K: 83.26µg (79.29%), Folate: 221.6µg (55.4%), Vitamin B3: 10.92mg (54.61%), Selenium: 37.76µg (53.94%), Vitamin B1: 0.78mg (51.89%), Fiber: 12.15g (48.6%), Phosphorus: 367.02mg (36.7%), Vitamin C: 30.21mg (36.62%), Potassium: 1277.26mg (36.49%), Iron: 5.88mg (32.68%), Vitamin B2: 0.55mg (32.23%), Copper: 0.57mg (28.55%), Vitamin B6: 0.49mg (24.63%), Vitamin E: 3.68mg (24.54%), Magnesium: 97.17mg (24.29%), Calcium: 214.93mg (21.49%), Zinc: 2.47mg (16.44%), Vitamin B5: 1.53mg (15.28%), Vitamin B12: 0.31µg (5.11%)