



Parsnip Bisque with Crisp Chestnuts

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 vacuum-packed chestnuts whole crumbled
- ☐ 4 servings garnish: chives fresh chopped
- ☐ 2 cups chicken broth fat-free
- ☐ 1 small onion chopped
- ☐ 0.8 lb parsnips peeled chopped
- ☐ 1 medium potatoes boiling peeled chopped
- ☐ 2 thyme sprigs fresh
- ☐ 2 teaspoons butter unsalted

- ☐ 1 cup water
- ☐ 4 servings pepper white freshly ground

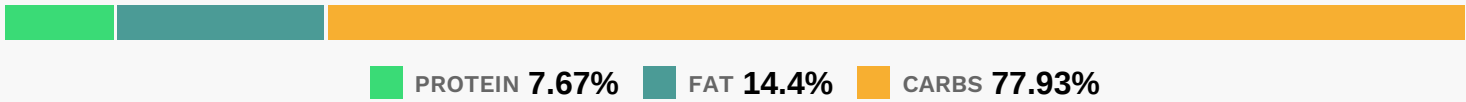
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook onion, parsnips, potato, and thyme sprigs in 1 teaspoon butter in a 3-quart saucepan over moderate heat, stirring, until just beginning to brown on bottom of pan, 4 to 5 minutes. Season with salt and white pepper and add broth and water. Simmer, covered, until vegetables are tender, about 20 minutes. Discard thyme sprigs.
- ☐ Puree soup in batches in a blender (use caution when blending hot liquids) and transfer to a bowl. Return soup to saucepan with salt and white pepper to taste and keep warm.
- ☐ Sauté chestnuts in remaining 1 teaspoons butter in a small nonstick skillet over moderately high heat, stirring frequently, until browned and crisp, about 5 minutes.
- ☐ Serve soup topped with chestnuts.
- ☐ • You can substitute peeled fresh-roasted chestnuts for the vacuum-packed nuts. • Soup may be made 3 days ahead and cooled completely before being covered and chilled. Sauté chestnuts just before serving.
- ☐ Each serving about 152 calories and 3 grams fat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:10.19, Inflammation Score:-7, Nutrition Score:12.62347827787%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 170.18kcal (8.51%), Fat: 2.84g (4.36%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 28.53g (10.38%), Sugar: 5.7g (6.34%), Cholesterol: 5.38mg (1.79%), Sodium: 486.75mg (21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Manganese: 0.74mg (37.06%), Vitamin C: 28.89mg (35.02%), Fiber: 5.99g (23.96%), Vitamin K: 23.06µg (21.96%), Folate: 82.32µg (20.58%), Potassium: 710.2mg (20.29%), Copper: 0.3mg (15.22%), Vitamin B6: 0.27mg (13.41%), Phosphorus: 122.04mg (12.2%), Magnesium: 47.97mg (11.99%), Vitamin B1: 0.16mg (10.76%), Vitamin B3: 2.07mg (10.33%), Iron: 1.63mg (9.08%), Vitamin B5: 0.9mg (9.05%), Vitamin E: 1.34mg (8.91%), Selenium: 4.48µg (6.4%), Calcium: 58.32mg (5.83%), Zinc: 0.86mg (5.72%), Vitamin B2: 0.1mg (5.71%), Vitamin B12: 0.23µg (3.85%), Vitamin A: 138.21IU (2.76%)