



Parsnip-Leek Soup with Lump Crab

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup heavy cream
- ☐ 0.5 juice of lemon
- ☐ 1.5 cups leeks white chopped (1 large)
- ☐ 4 sprigs lemon thyme fresh divided
- ☐ 0.3 pound lump crab meat
- ☐ 2 tablespoons olive oil extra-virgin (not)
- ☐ 1 pound parsnips peeled cut into medium-size pieces

- ☐ 1 teaspoon sea salt
- ☐ 2 tablespoons butter unsalted
- ☐ 3 cups vegetable stock low-sodium divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. In a medium roasting pan, toss parsnips with oil. Roast, covered with foil, 20 minutes.
- ☐ Add leeks and leaves of 2 thyme sprigs; toss to coat with oil; splash with wine. Roast, covered with same foil, stirring occasionally, until vegetables are soft, 30 minutes. Discard any burned bits. In a large pot, bring veggies and 2 cups stock to a boil; reduce heat; simmer 10 minutes; let cool slightly. In a food processor, blend soup on low until smooth. Return blended soup to pot; add cream, if desired. Bring soup to a very low simmer; season with salt and black pepper; add remaining 1 cup stock to reach desired thickness (crab meat should be able to sit on top). In a bowl right before serving, microwave juice, butter and leaves of remaining 2 thyme sprigs until butter melts, about 20 seconds; stir. Toss crab meat in lemon-butter mixture.
- ☐ Pour soup into 8 demitasse cups; top each with 1 1/2 teaspoons crab. DO AHEAD: You can roast the parsnips and leeks one or two days before your bash; just cover (so the veggies don't dry out) and refrigerate until you're ready to finish the soup.
- ☐ calories, 7 grams fat, 3 grams saturated fat, 13 grams carbohydrate, 3 grams fiber, 4 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:5.08, Inflammation Score:-8, Nutrition Score:9.5260868953622%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 157.41kcal (7.87%), Fat: 9.34g (14.37%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 11.2g (4.07%), Sugar: 4.46g (4.96%), Cholesterol: 21.88mg (7.29%), Sodium: 773.6mg (33.63%), Alcohol: 0.77g (100%), Alcohol %: 0.49% (100%), Protein: 3.8g (7.61%), Vitamin K: 23.22µg (22.11%), Vitamin B12: 1.29µg (21.56%), Manganese: 0.42mg (21.07%), Vitamin C: 14.2mg (17.22%), Folate: 55.98µg (14%), Vitamin A: 689.95IU (13.8%), Fiber: 3.15g (12.62%), Copper: 0.22mg (11.19%), Vitamin E: 1.65mg (11.03%), Selenium: 6.62µg (9.45%), Phosphorus: 84.32mg (8.43%), Potassium: 289.88mg (8.28%), Zinc: 1.24mg (8.26%), Magnesium: 30.32mg (7.58%), Vitamin B6: 0.12mg (6.01%), Iron: 0.91mg (5.04%), Vitamin B1: 0.07mg (4.66%), Calcium: 45.55mg (4.56%), Vitamin B5: 0.44mg (4.44%), Vitamin B2: 0.06mg (3.43%), Vitamin B3: 0.64mg (3.22%), Vitamin D: 0.17µg (1.14%)