



Parsnip Soup with Corned Beef and Cabbage

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces corned beef ribs divided cooked fat trimmed chopped () (3 tablespoons reserved,)
- ☐ 0.3 cup heavy whipping cream
- ☐ 3 cups low-salt chicken broth ()
- ☐ 2 cups onions chopped
- ☐ 13 ounces parsnips peeled coarsely chopped
- ☐ 3 large savoy cabbage leaves
- ☐ 2 turkish bay leaf

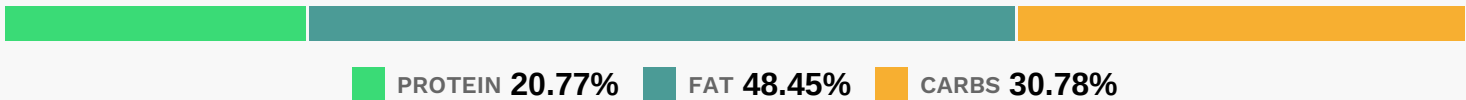
Equipment

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

Directions

- ☐ Sauté 2 tablespoons corned beef fat and bay leaves in large saucepan over medium-high heat until fat renders, about 2 minutes. Stir in parsnips and onions.
- ☐ Add 3 cups broth. Cover; simmer until parsnips are tender, about 10 minutes.
- ☐ Meanwhile, cut cabbage and corned beef slices crosswise into very thin strips. Melt 1 tablespoon fat in medium skillet over medium-high heat.
- ☐ Add cabbage and corned beef.
- ☐ Sprinkle with salt and pepper. Toss until cabbage wilts, about 3 minutes.
- ☐ Working in batches, puree soup with bay leaves and cream in blender until smooth. Return to same pan. Rewarm soup, thinning with more broth if too thick. Season with salt and pepper. Ladle into bowls. Mound corned beef and cabbage in center.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:8.09, Inflammation Score:-7, Nutrition Score:20.713043580885%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg

Nutrients (% of daily need)

Calories: 353.41kcal (17.67%), Fat: 19.48g (29.97%), Saturated Fat: 7.84g (49.03%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 21.4g (7.78%), Sugar: 8.89g (9.88%), Cholesterol: 62.74mg (20.91%), Sodium: 1109.62mg (48.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.59%), Vitamin C: 50.24mg (60.9%), Manganese: 0.67mg (33.64%), Vitamin K: 33.91µg (32.3%), Vitamin B3: 6.34mg (31.7%), Vitamin B12: 1.71µg (28.58%), Selenium: 18.83µg (26.9%), Potassium: 922.92mg (26.37%), Fiber: 6.45g (25.78%), Phosphorus: 257.47mg (25.75%), Vitamin B6: 0.48mg (24.18%), Folate: 96.27µg (24.07%), Zinc: 3.37mg (22.44%), Copper: 0.34mg (16.93%), Vitamin B2: 0.29mg (16.93%), Iron: 2.63mg (14.61%), Magnesium: 54.54mg (13.63%), Vitamin B5: 1.21mg (12.08%), Vitamin B1: 0.17mg (11.46%), Vitamin E: 1.56mg (10.38%), Calcium: 81.14mg (8.11%), Vitamin A: 403.36IU (8.07%), Vitamin D: 0.24µg (1.59%)