



Parsnip Soup with Leeks and Parsley



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 slices leeks white green cleaned sliced lengthwise sliced
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.5 pounds parsnips peeled chopped
- ☐ 2 strips lemon zest
- ☐ 1 teaspoons salt
- ☐ 4 cups chicken stock see for vegetarian option (use vegetable stock)
- ☐ 2 cups water

- ☐ 2 cups parsley fresh finely chopped for garnish (reserve a little)
- ☐ 1 tablespoon juice of lemon
- ☐ 6 servings bell pepper to taste

Equipment

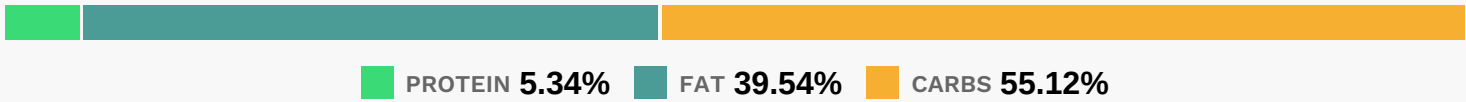
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Cook leeks in butter:
- ☐ Heat butter in a 4 to 6 quart pot on medium heat.
- ☐ Add the chopped leeks, toss to coat with the butter. When the leeks are heated enough so they begin to sizzle in the pan, lower the heat to low and cover the pan. Cook until soft, but don't let the leeks brown.
- ☐ Add parsnips, oil, salt, stock, water, zest:
- ☐ Add the parsnips and olive oil, and toss to coat.
- ☐ Sprinkle on the salt.
- ☐ Add the stock and water.
- ☐ Add the strips of lemon zest.
- ☐ Bring to a boil and reduce to a low simmer. Cover and cook until the parsnips are completely tender, at least 30 minutes.
- ☐ Remove and discard the lemon zest.
- ☐ Add the parsley. Purée the soup until smooth, either by using an immersion blender or by working in batches with a stand-up blender. If using a standing blender, fill the bowl no more than halfway, hold the cover on the blender bowl, and start blending at the lowest speed. Return the puréed soup to the pot.
- ☐ Stir in lemon juice and add more salt to taste, if needed.

Garnish with freshly ground black pepper, a little olive oil, and chopped parsley or chives.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:9.87, Inflammation Score:-10, Nutrition Score:24.491739371549%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 196.7kcal (9.84%), Fat: 9.19g (14.14%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 20.94g (7.61%), Sugar: 10.27g (11.41%), Cholesterol: 10.03mg (3.34%), Sodium: 1074.45mg (46.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin K: 361.71µg (344.49%), Vitamin C: 143mg (173.33%), Vitamin A: 4518.04IU (90.36%), Manganese: 0.77mg (38.31%), Folate: 143.25µg (35.81%), Fiber: 7.88g (31.51%), Vitamin E: 3.83mg (25.53%), Potassium: 702.99mg (20.09%), Vitamin B6: 0.35mg (17.29%), Magnesium: 53.76mg (13.44%), Iron: 2.33mg (12.93%), Phosphorus: 113.89mg (11.39%), Vitamin B1: 0.16mg (10.82%), Vitamin B5: 1.01mg (10.1%), Copper: 0.2mg (9.79%), Vitamin B3: 1.8mg (9.01%), Vitamin B2: 0.14mg (8.4%), Calcium: 79.78mg (7.98%), Zinc: 1.09mg (7.25%), Selenium: 2.22µg (3.17%)