



Parsnip soup with parsley cream



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



360 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 700 g parsnips cut into chunks
- ☐ 400 ml milk
- ☐ 400 ml vegetable stock
- ☐ 3 bay leaves
- ☐ 160 g curly-leaf parsley
- ☐ 150 ml double cream

- ☐ 150 ml whipping cream soft
- ☐ 1 parsnips cut into small cubes

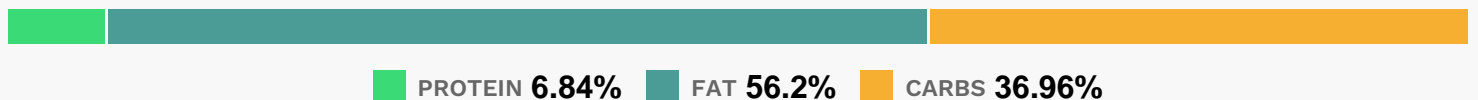
Equipment

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

Directions

- ☐ Heat the oil in a saucepan and fry the onion until soft but not coloured. Stir in the parsnips, bay leaves, milk and stock, bring to the boil and simmer gently until the parsnip is very soft.
- ☐ Remove the bay leaves and drain off, but reserve, the liquid. Whizz the parsnips in a blender, adding a little of the cooking liquid at a time until smooth. Keep adding liquid until you reach a lovely soup consistency thats not too thick.
- ☐ For the parsley pure and cream, blanch the parsley in boiling salted water for 30 secs, then refresh in ice water this keeps the green colour. Repeat this twice. Bring the double cream to the boil. Squeeze out any water from the parsley, then whizz in a clean blender, slowly adding the hot cream until its as smooth as you can get it. Cool. Fold a little of the parsley pure through the whipped cream until nice and green. Season and chill. Keep the remaining pure for serving.
- ☐ For the garnish, blanch the parsnip cubes in boiling water for 2 mins, then drain.
- ☐ Heat the olive oil in a pan, and fry the cubes until golden. Keep warm.
- ☐ To serve, reheat the parsnip soup and season to taste.
- ☐ Place a little of the parsley pure into each of 6 shallow soup bowls, followed by the soup, a spoonful of the parsley whipped cream and some fried parsnip cubes.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:11.94, Inflammation Score:-10, Nutrition Score:25.330434882123%

Flavonoids

Apigenin: 57.46mg, Apigenin: 57.46mg, Apigenin: 57.46mg, Apigenin: 57.46mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 3.96mg, Myricetin: 3.96mg, Myricetin: 3.96mg, Myricetin: 3.96mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 360.17kcal (18.01%), Fat: 23.35g (35.93%), Saturated Fat: 13.28g (83.03%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 26.37g (9.59%), Sugar: 13.18g (14.65%), Cholesterol: 65.09mg (21.7%), Sodium: 334.56mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Vitamin K: 472.69µg (450.18%), Vitamin C: 61.37mg (74.39%), Vitamin A: 3241.68IU (64.83%), Manganese: 0.87mg (43.58%), Folate: 141.59µg (35.4%), Fiber: 8.19g (32.75%), Potassium: 860.08mg (24.57%), Phosphorus: 220.63mg (22.06%), Vitamin E: 3.16mg (21.07%), Calcium: 210.52mg (21.05%), Vitamin B2: 0.29mg (17.18%), Magnesium: 68.32mg (17.08%), Iron: 2.62mg (14.54%), Vitamin B1: 0.21mg (13.88%), Vitamin B5: 1.37mg (13.69%), Vitamin B6: 0.23mg (11.73%), Copper: 0.22mg (11.22%), Vitamin D: 1.56µg (10.41%), Zinc: 1.56mg (10.41%), Selenium: 5.5µg (7.86%), Vitamin B12: 0.45µg (7.53%), Vitamin B3: 1.47mg (7.37%)