



Parsnip, Yam, and Watercress Chowder



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



261 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 1 cup apples i use 2 granny smith apples peeled chopped (1 medium)
- ☐ 3 cups chicken broth ()
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 1.5 cups onion chopped (1 large)
- ☐ 4 cups parsnips peeled (4 large)
- ☐ 4 cups watercress (tops of 2 bunches)
- ☐ 0.3 cup whipping cream

☐ 1.5 cups cubes red-skinned sweet potato peeled (red-skinned sweet potato; 1 large)

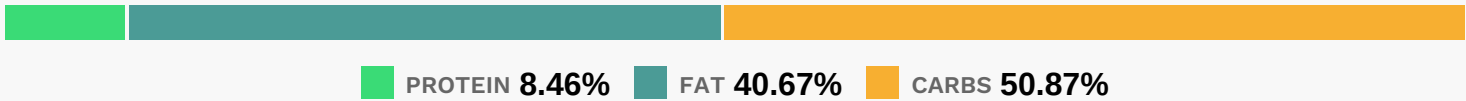
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add parsnips and onion. Sauté until onion softens, about 5 minutes.
- ☐ Add 3 cups broth and apple. Cover and simmer until parsnips are tender, about 12 minutes. Puree 2 cups parsnip mixture in blender until very smooth. Return puree to pot.
- ☐ Add yam cubes and nutmeg. Cover and simmer until yam cubes are tender, about 12 minutes.
- ☐ Mix in cream, then watercress. Stir until watercress wilts, about 2 minutes. Thin chowder with more broth, if desired. Season to taste with salt and pepper.
- ☐ Per serving: Cal (kcal) 254.00; % Cal from Fat 41.4; Fat (g) 11.69; Sat Fat (g) 7.30; Chol (mg) 36.09; Carb (g) 34.17; Dietary Fiber (g) 7.12; Total Sugars (g) 12.90; Net Carbs (g) 27.05; Protein (g) 4.96 See Nutrition Data's analysis ›
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:21.417825906173%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg

Kaempferol: 5.51mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg

Nutrients (% of daily need)

Calories: 261.46kcal (13.07%), Fat: 12.41g (19.1%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 27.64g (10.05%), Sugar: 11.86g (13.18%), Cholesterol: 31.54mg (10.51%), Sodium: 136.87mg (5.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin A: 10726.52IU (214.53%), Vitamin K: 79.36µg (75.59%), Vitamin C: 38.6mg (46.79%), Manganese: 0.86mg (43.03%), Fiber: 7.3g (29.19%), Potassium: 838.81mg (23.97%), Folate: 73.38µg (18.35%), Vitamin B6: 0.32mg (16.21%), Phosphorus: 160.96mg (16.1%), Vitamin B3: 3.1mg (15.51%), Vitamin E: 2.26mg (15.06%), Copper: 0.29mg (14.36%), Magnesium: 51.15mg (12.79%), Vitamin B1: 0.18mg (11.88%), Vitamin B2: 0.2mg (11.65%), Vitamin B5: 1.14mg (11.42%), Calcium: 102.18mg (10.22%), Iron: 1.28mg (7.13%), Zinc: 0.94mg (6.24%), Selenium: 2.49µg (3.56%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.16µg (1.06%)