



Pear, Pistachio, and Parsnip Soup

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anjou pear diced ripe peeled
- ☐ 1 tablespoon butter
- ☐ 3.5 cups chicken broth
- ☐ 2 garlic clove sliced
- ☐ 1 cup milk
- ☐ 8 ounces parsnips peeled sliced
- ☐ 0.8 cup roasted salted
- ☐ 4 servings salt and pepper

- ☐ 1 thai chile dried red
- ☐ 0.5 cup wine
- ☐ 0.3 cup onion diced yellow

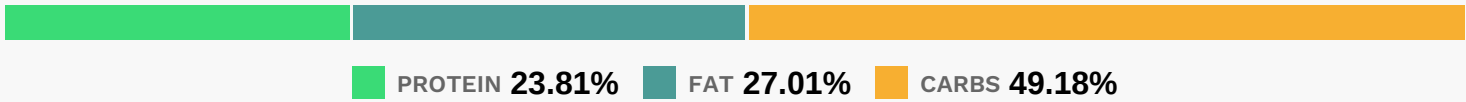
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Add the butter to a medium-sized saucepan set over medium heat. When the butter melts, add the onion, and garlic. Cook until onions are translucent but not brown, three to five minutes.
- ☐ Add the parsnips, pears, 1/2 cup of the pistachios, and the wine. Cook, stirring occasionally, until the wine has almost evaporated, about eight minutes.
- ☐ Add the broth, milk, and red chile. Turn heat to high and bring to a boil. Then reduce heat to maintain a simmer, and cook until the parsnips are very soft, 45 minutes to an hour.
- ☐ Puree the soup either by carefully blending batches of it in a blender or by using an immersion blender. Taste the soup, and season to taste with salt and pepper. The pistachios will bring a lot of salt to the soup, so be careful. Divide soup between four bowls.
- ☐ Garnish with remaining pistachios.

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:9.43, Inflammation Score:-5, Nutrition Score:14.830869633219%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg

Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg
Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epicatechin 3–gallate: 0.02mg,
Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–
gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate:
0.15mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,
Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,
Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg,
Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.09mg, Kaempferol: 0.09mg,
Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:
0.04mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 258.31kcal (12.92%), Fat: 7.34g (11.29%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 30.08g (10.03%),
Net Carbohydrates: 24.27g (8.83%), Sugar: 16.13g (17.92%), Cholesterol: 46.9mg (15.63%), Sodium: 1032.98mg
(44.91%), Alcohol: 3.09g (100%), Alcohol %: 0.77% (100%), Protein: 14.56g (29.12%), Manganese: 0.54mg (27%),
Vitamin B6: 0.5mg (25.04%), Phosphorus: 233.33mg (23.33%), Fiber: 5.81g (23.23%), Vitamin B1: 0.35mg (23.14%),
Selenium: 15.73µg (22.47%), Vitamin B2: 0.35mg (20.68%), Vitamin C: 16.74mg (20.29%), Potassium: 660.49mg
(18.87%), Vitamin B3: 3.67mg (18.35%), Vitamin K: 17.41µg (16.58%), Calcium: 123.47mg (12.35%), Magnesium:
48.55mg (12.14%), Folate: 47.37µg (11.84%), Zinc: 1.7mg (11.32%), Copper: 0.21mg (10.53%), Vitamin B12: 0.6µg
(10.05%), Vitamin B5: 1mg (10.03%), Vitamin E: 1.21mg (8.08%), Iron: 1.02mg (5.69%), Vitamin D: 0.85µg (5.66%),
Vitamin A: 221.89IU (4.44%)