



Pistou soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tbsp olive oil
- 1 onion finely chopped
- 2 medium celery stalks peeled finely chopped
- 1 small fennel bulb trimmed finely chopped
- 250 g celery root peeled finely chopped
- 140 g peas frozen
- 140 g turtle beans dried tinned
- 1 large bunch basil

- 1 clove garlic
- 100 ml olive oil extra virgin extra-virgin
- 8 servings parmesan grated

Equipment

- frying pan

Directions

- Heat the oil in a large pan and sweat the onion, carrots, celery, fennel, turnip, celeriac and parsnip for 5-10 mins.
- Pour over 1.6 litres of boiling water, season and simmer for 10-15 mins, until the vegetables are tender. At the last moment add the peas and the beans and cook for a further 1 min. Taste and season with salt and pepper as necessary.
- Meanwhile, make the pesto sauce. Blanch the basil leaves in boiling water for 5 secs, then remove and cool under cold running water. Pat dry and pure all the ingredients in a liquidiser. Taste and season, then reserve. Keep in the fridge until required. When ready to serve, pour the soup into a large, warmed tureen, top with some of the pesto sauce and serve to your guests.
- Place Parmesan and crotons on the table so guests may help themselves.

Nutrition Facts



PROTEIN 17.24% **FAT 68%** **CARBS 14.76%**

Properties

Glycemic Index:41.79, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:12.472173856652%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 298.52kcal (14.93%), Fat: 22.94g (35.3%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 8.2g (2.98%), Sugar: 3.48g (3.87%), Cholesterol: 20.4mg (6.8%), Sodium: 530.74mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.17%), Vitamin K: 49.51µg (47.16%), Calcium: 401.38mg (40.14%), Phosphorus: 289.67mg (28.97%), Vitamin C: 18.03mg (21.86%), Vitamin E: 2.53mg (16.88%), Fiber: 3g (12.01%), Folate: 45.04µg (11.26%), Manganese: 0.22mg (10.98%), Selenium: 7.62µg (10.88%), Potassium: 349mg (9.97%), Vitamin A: 464.92IU (9.3%), Magnesium: 37.14mg (9.29%), Vitamin B2: 0.16mg (9.19%), Zinc: 1.31mg (8.74%), Vitamin B6: 0.15mg (7.28%), Iron: 1.28mg (7.11%), Vitamin B12: 0.36µg (6%), Vitamin B1: 0.08mg (5.63%), Copper: 0.1mg (5.23%), Vitamin B3: 0.88mg (4.42%), Vitamin B5: 0.36mg (3.56%)