



Potato and Parsnip Soup with Bacon

 Gluten Free

READY IN



58 min.

SERVINGS



6

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup celery diced (1 stalk)
- 2.5 cups less-sodium chicken broth fat-free
- 2 tablespoons parsley fresh chopped
- 1 cup milk 1% low-fat
- 1 cup onion diced (1 medium)
- 1 cup parsnips diced peeled (2 small)
- 0.5 teaspoon salt

- 2 slices bacon thick-cut
- 1.5 pounds yukon gold potatoes diced peeled

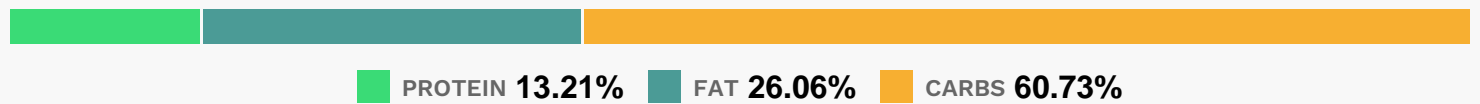
Equipment

- bowl
- frying pan
- ladle
- potato masher
- dutch oven

Directions

- Cook bacon in a Dutch oven over medium-high heat until crisp.
- Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon; set aside.
- Place pan over medium-high heat.
- Add onion and celery to drippings in pan; saut 5 minutes or until tender. Stir in broth and parsnip; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Stir in potato; cover and simmer 19 minutes or until vegetables are tender.
- Remove from heat; stir in milk, salt, and pepper.
- Spoon 3 cups soup into a large bowl; mash vegetables with a potato masher, and return soup to pan. Stir in parsley. Ladle soup into bowls, and sprinkle each with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:16.61, Inflammation Score:-5, Nutrition Score:12.316521758619%

Flavonoids

Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg, Apigenin: 3.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 186.82kcal (9.34%), Fat: 5.52g (8.49%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 24.73g (8.99%), Sugar: 5.26g (5.84%), Cholesterol: 9.89mg (3.3%), Sodium: 690.76mg (30.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin C: 30.03mg (36.4%), Vitamin K: 30.94µg (29.46%), Vitamin B6: 0.46mg (23.04%), Potassium: 737.26mg (21.06%), Manganese: 0.36mg (18.2%), Fiber: 4.19g (16.76%), Phosphorus: 158.56mg (15.86%), Vitamin B1: 0.19mg (12.5%), Vitamin B3: 2.47mg (12.36%), Folate: 43.86µg (10.96%), Magnesium: 43.71mg (10.93%), Copper: 0.19mg (9.4%), Selenium: 6.22µg (8.89%), Calcium: 86.24mg (8.62%), Vitamin B2: 0.14mg (8.46%), Vitamin B5: 0.84mg (8.44%), Vitamin B12: 0.49µg (8.15%), Iron: 1.36mg (7.54%), Zinc: 0.86mg (5.72%), Vitamin A: 222.3IU (4.45%), Vitamin D: 0.48µg (3.2%), Vitamin E: 0.43mg (2.88%)