



Potato Cauliflower Parsnip Soup with a Pancetta Potato Hash

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick butter
- ☐ 1 head cauliflower chopped
- ☐ 4 quarts chicken stock see
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 5 cloves garlic sliced
- ☐ 2 small leeks

- ☐ 0.1 teaspoon nutmeg grated
- ☐ 4 servings olive oil
- ☐ 0.3 cup pancetta chopped
- ☐ 1 pinch paprika
- ☐ 1 small parsnips
- ☐ 0.3 cup pinenuts
- ☐ 1 small potatoes chopped
- ☐ 2 potatoes chopped
- ☐ 4 servings salt and pepper freshly ground

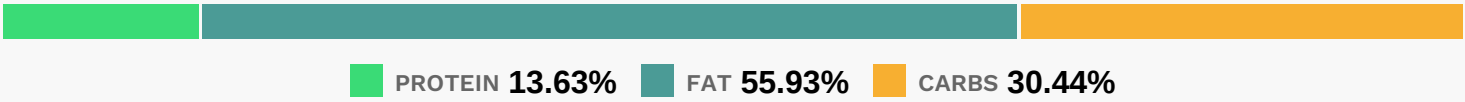
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ For the soup: In a large Dutch oven or stockpot, melt the butter and cook until it starts to brown.
- ☐ Add the garlic, leeks and parsnips. Cook the vegetables until tender, stirring frequently, about 12 minutes.
- ☐ Add the cauliflower, potatoes and chicken stock.
- ☐ Let the stock come to a simmer and cook until the cauliflower and potatoes are tender, about 20 minutes.
- ☐ Add the thyme, nutmeg and some salt and pepper. Puree the soup. Keep warm until ready to serve.
- ☐ For the hash: In a medium saute pan, cook the pancetta, adding a little oil if need. Once the pancetta is halfway cooked, add the potatoes and brown.
- ☐ Add the pine nuts, parsley paprika and some salt and pepper. Cook until the pine nuts are browned and the potatoes are brown and crisp.
- ☐ When ready to serve, plate the soup and top with hash.

Nutrition Facts



Properties

Glycemic Index:123.38, Glycemic Load:23.51, Inflammation Score:-10, Nutrition Score:40.884347905283%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 993.57kcal (49.68%), Fat: 62.59g (96.29%), Saturated Fat: 22.8g (142.49%), Carbohydrates: 76.66g (25.55%), Net Carbohydrates: 67.95g (24.71%), Sugar: 21.1g (23.44%), Cholesterol: 102.14mg (34.05%), Sodium: 1916.59mg (83.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.63%), Vitamin C: 111.31mg (134.92%), Vitamin B3: 18.76mg (93.81%), Manganese: 1.51mg (75.44%), Vitamin B6: 1.43mg (71.55%), Potassium: 2319.94mg (66.28%), Vitamin B2: 1.02mg (59.73%), Phosphorus: 522.91mg (52.29%), Vitamin K: 51.17µg (48.73%), Folate: 183.96µg (45.99%), Copper: 0.92mg (45.82%), Vitamin B1: 0.65mg (43.5%), Selenium: 27.67µg (39.53%), Fiber: 8.71g (34.84%), Magnesium: 133mg (33.25%), Vitamin E: 4.55mg (30.3%), Iron: 5mg (27.76%), Zinc: 3.26mg (21.7%), Vitamin B5: 1.83mg (18.3%), Vitamin A: 850.72IU (17.01%), Calcium: 115.37mg (11.54%), Vitamin B12: 0.15µg (2.44%)