



Potato, Parsnip, and Cabbage Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



20

CALORIES



50 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple sauce
- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 large cloves garlic mashed
- ☐ 1 head cabbage green chopped
- ☐ 3 cups new potatoes cubed
- ☐ 2 parsnips cut into 1-inch pieces
- ☐ 20 servings sea salt and pepper black freshly ground to taste
- ☐ 1 teaspoon truffle oil

- ☐ 2 tablespoons vegetable bouillon base better than bouillon® (such as)
- ☐ 2 quarts water or as needed to cover

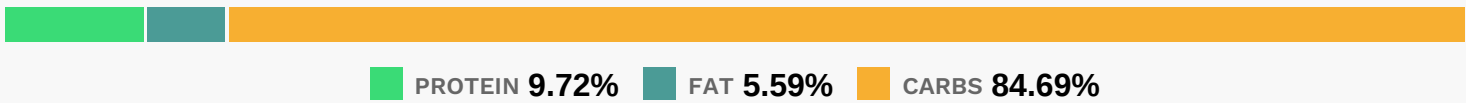
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Combine the potatoes, parsnips, and vegetable bouillon base in a large pot with enough water to just cover the vegetables; season with the sea salt and black pepper. Bring the water to a boil over medium-high heat, and cook until the potatoes and parsnips are tender, 15 to 20 minutes.
- ☐ Pour the mixture into a blender, filling the pitcher no more than halfway. Hold the lid of the blender closed with a folded towel and carefully start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree. Process in batches until all vegetables are pureed.
- ☐ Return blended vegetables to the pot, and place over medium heat. Stir the applesauce, balsamic vinegar, garlic paste, and truffle oil into the soup; bring to a simmer, and reduce heat. Simmer until the flavors combine, about 50 minutes.
- ☐ Add the cabbage to the soup, and cook until the cabbage softens, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:4.79, Inflammation Score:-3, Nutrition Score:6.3060869574547%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 49.6kcal (2.48%), Fat: 0.33g (0.51%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 8.68g (3.16%), Sugar: 3.78g (4.19%), Cholesterol: 0mg (0%), Sodium: 22.52mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin K: 38.77µg (36.93%), Vitamin C: 23.95mg (29.03%), Manganese: 0.22mg (10.96%), Fiber: 2.56g (10.23%), Folate: 33.9µg (8.48%), Vitamin B6: 0.15mg (7.29%), Potassium: 243.99mg (6.97%), Vitamin B1: 0.06mg (4.25%), Magnesium: 16.91mg (4.23%), Phosphorus: 37.39mg (3.74%), Copper: 0.07mg (3.65%), Calcium: 31.46mg (3.15%), Iron: 0.54mg (2.99%), Vitamin B5: 0.26mg (2.65%), Vitamin E: 0.35mg (2.34%), Vitamin B3: 0.47mg (2.33%), Vitamin B2: 0.04mg (2.2%), Zinc: 0.26mg (1.73%), Vitamin A: 52.26IU (1.05%)