



Roasted Beet Soup with Crème Fraîche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



270 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small bay leaf
- ☐ 1.5 teaspoons butter
- ☐ 1 celery stalk chopped
- ☐ 2 tablespoons crème fraîche sour
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1 leek white green chopped (and pale parts only)

- ☐ 1.5 teaspoons olive oil
- ☐ 1 small onion thinly sliced
- ☐ 1 parsley sprig fresh
- ☐ 0.5 pound beets red (3 medium)
- ☐ 1 thyme sprig fresh
- ☐ 2 cups water
- ☐ 0.3 cup whipping cream

Equipment

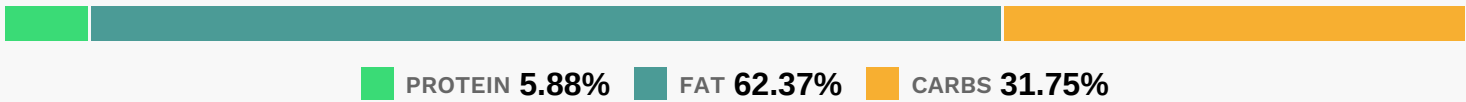
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Wrap beets in foil and roast until tender when pierced with fork, about 1 hour. Cool. Peel beets.
- ☐ Cut 1/4 of 1 beet into 1/4-inch cubes; reserve for garnish.
- ☐ Cut remaining beets into 1/2-inch pieces.
- ☐ Melt butter with oil in heavy medium saucepan over medium-high heat.
- ☐ Add leek, onion, and celery and cook until beginning to brown, stirring frequently, about 13 minutes. Stir in ginger, allspice, white pepper, and 1/2-inch beet pieces. Cook until vegetables begin to stick to bottom of pot, stirring frequently, about 7 minutes.
- ☐ Add 2 cups water, bay leaf, thyme sprig, and parsley sprig. Bring to boil. Reduce heat to low, cover, and simmer until vegetables are very tender, about 25 minutes.
- ☐ Remove bay leaf, thyme sprig, and parsley sprig. Cool soup slightly. Working in batches, puree soup in blender with cream. Season to taste with salt and pepper. (Can be made 1 day ahead. Cool slightly, cover, and refrigerate.)

- ☐ Gently rewarm soup (do not boil). Divide between 2 bowls.
- ☐ Garnish each with 1 tablespoon crème fraîche.
- ☐ Sprinkle with reserved beet cubes.

Nutrition Facts



Properties

Glycemic Index:148.5, Glycemic Load:7.44, Inflammation Score:-9, Nutrition Score:13.078695613405%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 270.46kcal (13.52%), Fat: 19.51g (30.01%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 17.57g (6.39%), Sugar: 12.2g (13.56%), Cholesterol: 48.76mg (16.25%), Sodium: 148.58mg (6.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Folate: 162.63µg (40.66%), Manganese: 0.7mg (35.01%), Vitamin K: 33.27µg (31.69%), Vitamin A: 1464.39IU (29.29%), Fiber: 4.78g (19.12%), Vitamin C: 15.4mg (18.67%), Potassium: 558.26mg (15.95%), Magnesium: 49.64mg (12.41%), Vitamin B6: 0.24mg (12.14%), Iron: 2.17mg (12.03%), Copper: 0.2mg (10.11%), Phosphorus: 100.29mg (10.03%), Calcium: 97.46mg (9.75%), Vitamin B2: 0.15mg (8.83%), Vitamin E: 1.31mg (8.73%), Vitamin B1: 0.09mg (5.85%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.41mg (4.11%), Selenium: 2.87µg (4.11%), Vitamin B3: 0.67mg (3.34%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.08µg (1.32%)