



Roasted Chestnut Soup with Thyme Cream

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup carrots thinly sliced
- 3 cups honey whole
- 1.5 teaspoons thyme sprigs fresh chopped
- 0.3 cup cup heavy whipping cream
- 0.6 teaspoon kosher salt divided
- 6 cups beef broth fat-free
- 1 tablespoon olive oil

- 2 cups onion yellow chopped

Equipment

- bowl
- frying pan
- ladle
- oven
- blender
- dutch oven

Directions

- Preheat oven to 400
- Place chestnuts on a jelly-roll pan.
- Bake at 400 for 15 minutes.
- Place chestnuts in a large bowl; cool to room temperature.
- Combine onion, carrot, and oil on pan; toss to coat vegetables.
- Bake at 400 for 1 hour or until tender, stirring occasionally.
- Add to chestnuts; stir in broth.
- Pour half of broth mixture into a blender; blend until smooth.
- Pour pureed mixture into a Dutch oven. Repeat procedure with remaining broth mixture. Stir in 1/2 teaspoon salt and pepper.
- Place pan over medium-high heat; bring to a simmer. Reduce heat, and simmer 20 minutes.
- Place cream in a medium bowl; beat with a mixer at high speed until soft peaks form.
- Add remaining 1/8 teaspoon salt; beat at high speed until stiff peaks form (do not overbeat). Ladle about 3/4 cup soup into each of 10 bowls; top each serving with about 1 tablespoon cream.
- Sprinkle with thyme.
- Serve immediately.

Nutrition Facts



■ PROTEIN 10% ■ FAT 28.85% ■ CARBS 61.15%

Properties

Glycemic Index:20.48, Glycemic Load:11.22, Inflammation Score:-9, Nutrition Score:6.7560870291098%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 149.6kcal (7.48%), Fat: 4.86g (7.48%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 22.32g (8.12%), Sugar: 2.04g (2.27%), Cholesterol: 8.96mg (2.99%), Sodium: 420.31mg (18.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin A: 1746.72IU (34.93%), Vitamin C: 20.71mg (25.1%), Potassium: 583.15mg (16.66%), Manganese: 0.21mg (10.56%), Vitamin B6: 0.21mg (10.33%), Copper: 0.2mg (9.97%), Folate: 33.25µg (8.31%), Vitamin B1: 0.08mg (5.64%), Magnesium: 18.35mg (4.59%), Fiber: 0.87g (3.47%), Phosphorus: 33.94mg (3.39%), Iron: 0.57mg (3.19%), Vitamin B3: 0.62mg (3.08%), Vitamin B5: 0.29mg (2.92%), Calcium: 25.46mg (2.55%), Vitamin K: 2.57µg (2.45%), Vitamin E: 0.34mg (2.3%), Vitamin B2: 0.04mg (2.21%), Zinc: 0.31mg (2.09%)