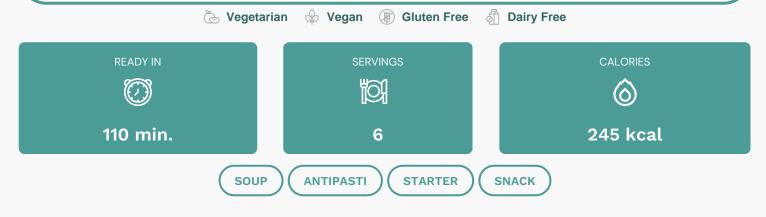


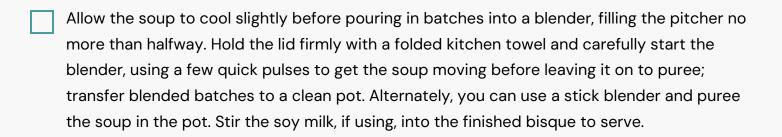
Roasted Mushroom and Sunchoke Bisque



Ingredients

6 cups veggie broth
1 tablespoon sage fresh chopped
6 large cloves garlic
2 pounds sunchokes scrubbed sliced
8 ounces mushrooms sliced
8 ounces mushrooms sliced
2 tablespoons olive oil divided
1 large onion diced

	1 teaspoon sea salt	
	6 servings pepper black freshly ground to taste	
	2 tablespoons country crock buttery spread	
	2 cups water	
	1 large yukon gold potatoes diced	
Equipment		
	bowl	
	oven	
	pot	
	blender	
	baking pan	
	kitchen towels	
Directions		
ᆜ	Preheat an oven to 425 degrees F (220 degrees C).	
Ш	Toss the Jerusalem artichokes, potatoes, and garlic with 1 tablespoon olive oil in a large bowl; season with sea salt and black pepper.	
	Spread the mixture into a baking dish. Toss the mushrooms with another tablespoon of olive oil in a separate bowl; spread into a separate baking dish.	
	Bake the potato mixture in the preheated oven for 20 minutes.	
	Place the mushrooms in the oven and continue baking until the potatoes are soft and slightly browned, about 25 minutes more.	
	Remove both dishes from the oven and set aside.	
	Melt the vegan margarine in a large stock pot over medium-low heat; cook the onion in the margarine until completely soft, 7 to 10 minutes. Stir the roasted potato mixture and the mushrooms into the onions, along with 1 teaspoon sea salt and the water; allow the mixture to come to a simmer, stirring occasionally, for 4 to 5 minutes. Stir the mushroom broth and sage into the mixture.	
	Place a cover on the stock pot and cook to allow the flavors to blend, about 20 minutes.	



Nutrition Facts

PROTEIN 9.94% FAT 27.96% CARBS 62.1%

Properties

Glycemic Index:52.29, Glycemic Load:13.99, Inflammation Score:-7, Nutrition Score:18.747826068298%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.0

Nutrients (% of daily need)

Calories: 245.21kcal (12.26%), Fat: 8.07g (12.42%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 35.98g (13.08%), Sugar: 19.32g (21.47%), Cholesterol: Omg (0%), Sodium: 1374.87mg (59.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.46g (12.91%), Copper: 3.55mg (177.35%), Iron: 5.99mg (33.3%), Potassium: 1063.88mg (30.4%), Vitamin B1: 0.41mg (27.12%), Vitamin B3: 5.04mg (25.22%), Vitamin B2: 0.42mg (24.42%), Phosphorus: 211.65mg (21.17%), Vitamin C: 16mg (19.4%), Vitamin B5: 1.87mg (18.66%), Manganese: 0.37mg (18.26%), Fiber: 4.38g (17.53%), Vitamin B6: 0.35mg (17.31%), Vitamin A: 710.89IU (14.22%), Vitamin E: 1.88mg (12.54%), Selenium: 8.73µg (12.47%), Magnesium: 44.94mg (11.24%), Folate: 41.9µg (10.47%), Vitamin K: 6.4µg (6.1%), Zinc: 0.76mg (5.09%), Calcium: 47.67mg (4.77%), Vitamin D: 0.15µg (1.01%)