



 9%
HEALTH SCORE

Roasted Mushroom and Sunchoke Bisque

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



245 kcal

SOUP

ANTIPASTI

STARTER

SNACK

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

- Preheat an oven to 425 degrees F (220 degrees C).
- 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.

Allow the soup to cool slightly before pouring in batches into a blender, filling the pitcher no more than halfway. Hold the lid firmly with a folded kitchen towel and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree; transfer blended batches to a clean pot. Alternately, you can use a stick blender and puree the soup in the pot. Stir the soy milk, if using, into the finished bisque to serve.

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, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

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: 0mg (0%), Sodium: 1374.87mg (59.78%), Alcohol: 0g (100%), Alcohol %: 0% (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%)