



Roasted Peanut Soup with Honey Whipped Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 cups celery stalks thinly sliced ()
- ☐ 1.5 cups dry-roasted peanuts unsalted
- ☐ 2 heads garlic
- ☐ 0.8 cup heavy cream chilled divided
- ☐ 1 tablespoon honey ()
- ☐ 6 servings kosher salt

- ☐ 2 quarts low-salt chicken broth
- ☐ 4 tablespoons olive oil divided
- ☐ 3 cups onions sliced (2 onions)
- ☐ 1 tablespoon roasted peanut oil or toasted
- ☐ 2 tablespoons butter unsalted
- ☐ 8 ounces yukon gold potatoes peeled cut into 1/4" cubes

Equipment

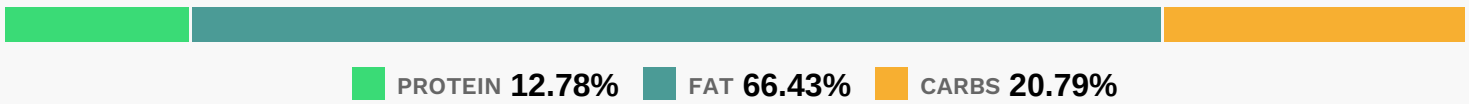
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Slice off and discard the top third from each head of garlic.
- ☐ Place garlic on a sheet of foil.
- ☐ Drizzle with 2 tablespoons olive oil; wrap foil tightly around garlic.
- ☐ Place on a rimmed baking sheet and roast until soft and caramelized, about 45 minutes.
- ☐ Let garlic cool slightly, then squeeze cloves into a small bowl, pouring in any oil remaining in foil.
- ☐ Pulse peanuts in a food processor until coarsely chopped.
- ☐ Transfer 1/4 cup chopped peanuts to a small bowl, then continue pulsing remaining peanuts until a smooth butter forms, about 2 minutes (there will be about 2/3 cup peanut butter).
- ☐ Heat remaining 2 tablespoons olive oil in a large pot over medium-low heat.
- ☐ Add onions and cook, stirring occasionally, until translucent, about 15 minutes.
- ☐ Add sliced celery, butter, and reserved roasted garlic with oil; cook, stirring frequently, until celery is softened, about 15 minutes.

- ☐ Add chicken broth and bay leaf; bring to a boil.
- ☐ Add potato; simmer until potato is tender, about 20 minutes.
- ☐ Remove from heat; discard bay leaf.
- ☐ Set a fine-mesh strainer over a large bowl. Working in batches, carefully purée soup in a blender until smooth, about 1 minute per batch, adding peanut butter to last batch.
- ☐ Pour through prepared strainer.
- ☐ Whisk in 1/4 cup cream. Season to taste with salt.
- ☐ Whisk remaining 1/2 cup cream and a pinch of salt in a small bowl until soft peaks form. Gradually whisk in honey and peanut oil; whisk until stiff peaks form.
- ☐ Divide soup among bowls. Top with a dollop of honey whipped cream.
- ☐ Sprinkle reserved chopped peanuts and celery leaves over.

Nutrition Facts



Properties

Glycemic Index: 37.5, Glycemic Load: 9.08, Inflammation Score: -8, Nutrition Score: 20.265217501184%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg

Nutrients (% of daily need)

Calories: 592.32kcal (29.62%), Fat: 46.23g (71.13%), Saturated Fat: 14.32g (89.48%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 26.11g (9.49%), Sugar: 8.61g (9.57%), Cholesterol: 43.65mg (14.55%), Sodium: 502.8mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.03%), Manganese: 1.23mg (61.69%), Vitamin B3: 10.52mg (52.58%), Phosphorus: 325.57mg (32.56%), Potassium: 1030.61mg (29.45%), Copper: 0.53mg (26.26%), Fiber: 6.46g (25.82%), Vitamin B6: 0.5mg (24.86%), Magnesium: 91.33mg (22.83%), Vitamin C: 18.05mg (21.88%), Vitamin K: 22.91µg (21.82%), Folate: 87.13µg (21.78%), Vitamin A: 784.92IU (15.7%), Vitamin B2: 0.26mg (15.14%), Vitamin E: 2.26mg (15.04%), Vitamin B1: 0.22mg (14.55%), Calcium: 130.46mg (13.05%), Iron: 2.32mg (12.91%), Zinc: 1.55mg (10.33%), Vitamin B5: 0.98mg (9.82%), Selenium: 5.75µg (8.21%), Vitamin B12: 0.37µg (6.18%), Vitamin D: 0.55µg (3.64%)