



Roasted Sunchoke, Apple, and Onion Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



189 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds sunchokes peeled
- 0.5 onion sweet
- 1 apples
- 12 servings vegetable stock
- 12 servings olive oil
- 12 servings salt and pepper

Equipment

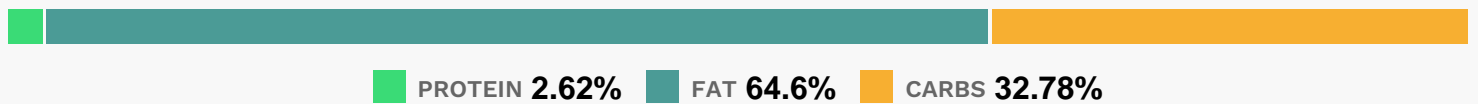
- frying pan

- oven
- blender
- kitchen timer

Directions

- Preheat oven to 400 degrees
- Peel sunchokes (best you can but don't obsess) and cut into die-sized pieces
- Large dice onion
- Slice apple in half lengthwise and core
- Toss all three in olive oil and place on a sheet pan on the bottom rack
- Set timer for 20 mins and then shake pan
- After that, shake and check more frequently
- Remove apples when soft and let cool then peel
- Leave sunchokes and onion in until some of the onion start to char
- Add roasted vegetables to 4 cups liquid (stock)
- Heat until sunchokes are soft; they may already be from the roasting
- Puree in blender

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:4.78, Inflammation Score:-4, Nutrition Score:4.475652173913%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin:
0.16mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 189.2kcal (9.46%), Fat: 14.04g (21.6%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 16.03g (5.34%), Net
Carbohydrates: 14.64g (5.32%), Sugar: 9.71g (10.79%), Cholesterol: 0mg (0%), Sodium: 1137.59mg (49.46%),
Protein: 1.28g (2.57%), Vitamin E: 2.15mg (14.36%), Iron: 2.06mg (11.45%), Vitamin A: 520.22IU (10.4%), Vitamin K:
8.86µg (8.44%), Vitamin B1: 0.12mg (8.11%), Potassium: 276.06mg (7.89%), Fiber: 1.4g (5.58%), Phosphorus:
49.62mg (4.96%), Copper: 0.09mg (4.57%), Vitamin C: 3.63mg (4.4%), Vitamin B3: 0.77mg (3.85%), Vitamin B6:
0.07mg (3.39%), Magnesium: 11.64mg (2.91%), Folate: 11µg (2.75%), Manganese: 0.05mg (2.52%), Vitamin B5:
0.25mg (2.48%), Vitamin B2: 0.04mg (2.4%), Calcium: 11.87mg (1.19%)