



Root Veggie Bisque

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



376 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 rutabaga
- ☐ 1 turnip
- ☐ 1 sweet potatoes and into
- ☐ 2 parsnips
- ☐ 1 beets yellow
- ☐ 2 cloves garlic
- ☐ 1 rubbed sage
- ☐ 1 sprig thyme leaves

- ☐ 1.5 cups vegetable stock
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 serving salt and pepper to taste
- ☐ 0.3 cup cream sour
- ☐ 0.3 cup bacon bits

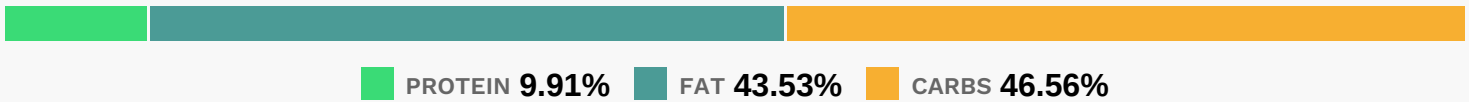
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Pierce the rutabaga, turnip, sweet potato, parsnips, and beet with a fork.
- ☐ Place all vegetables in a large, microwaveable bowl. Cover with plastic wrap and microwave for 10–12 minutes, or until each of the veggies are soft to the touch.
- ☐ Cut peels off of each of the veggies; discard.
- ☐ Place half of peeled vegetables in a large blender with half of vegetable broth and cream. Blend until smooth and completely pureed.
- ☐ Pour mixture into medium saucepan. Repeat with remaining vegetables, broth and cream.
- ☐ Heat over medium–high heat, stirring frequently, until steaming and hot.
- ☐ Serve topped with sour cream and bacon bits.

Nutrition Facts



Properties

Glycemic Index:109.75, Glycemic Load:17.85, Inflammation Score:-10, Nutrition Score:22.945652090985%

Flavonoids

Apigenin: 3.73mg, Apigenin: 3.73mg, Apigenin: 3.73mg, Apigenin: 3.73mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 2.1mg, Myricetin: 2.1mg, Myricetin: 2.1mg, Myricetin: 2.1mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 376.23kcal (18.81%), Fat: 18.78g (28.9%), Saturated Fat: 9.47g (59.17%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 34.79g (12.65%), Sugar: 15.22g (16.91%), Cholesterol: 44.93mg (14.98%), Sodium: 763.76mg (33.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Vitamin A: 8782.28IU (175.65%), Vitamin C: 47.57mg (57.67%), Manganese: 0.85mg (42.36%), Fiber: 10.42g (41.68%), Folate: 126.67µg (31.67%), Potassium: 981.71mg (28.05%), Phosphorus: 215.65mg (21.57%), Vitamin B1: 0.32mg (21.4%), Magnesium: 82.9mg (20.72%), Vitamin E: 2.98mg (19.86%), Vitamin K: 20.51µg (19.53%), Vitamin B6: 0.38mg (18.79%), Copper: 0.34mg (17.15%), Calcium: 156.87mg (15.69%), Vitamin B2: 0.23mg (13.56%), Vitamin B5: 1.31mg (13.14%), Vitamin B3: 2.01mg (10.07%), Zinc: 1.45mg (9.65%), Iron: 1.71mg (9.49%), Selenium: 5.68µg (8.11%), Vitamin B12: 0.27µg (4.42%), Vitamin D: 0.48µg (3.17%)