



## Savoy Cabbage and Celery Root Soup with Leek Confit

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons olive oil extra virgin
- 1.5 cups onion diced yellow
- 1.5 cups celery root diced trimmed (also called celeriac)
- 3 large garlic clove minced
- 0.5 cup spring onion green chopped
- 0.3 cup leek
- 0.5 fuji apple diced peeled

- 1 tablespoon dijon mustard country-style
- 1 teaspoon rosemary leaves fresh minced
- 5 cups vegetable stock
- 0.7 cup baby potatoes quartered
- 3 cups savoy cabbage thinly sliced
- 1 teaspoon kosher salt to taste (, )
- 0.5 teaspoon pepper black
- 0.5 cup rice
- 0.5 cup parmesan cheese grated

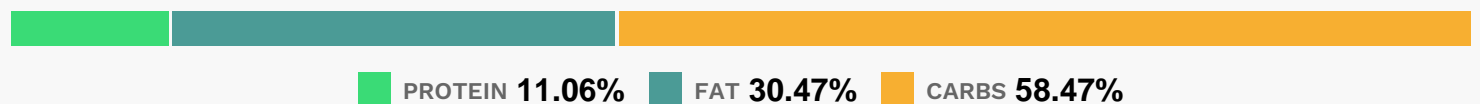
## Equipment

- pot

## Directions

- Heat the olive oil in a heavy pot, such as a Le Creuset, over medium-high heat.
- Add the onion, celery root, garlic, scallion tops, and leek confit. Saut until the onion softens, about 15 minutes.
- Add the apple, mustard, and rosemary, and cook for another couple of minutes. The mixture will be very aromatic.
- Add the remaining ingredients and bring to a low simmer. Cover and simmer for 40 minutes. Adjust seasoning if needed.

## Nutrition Facts



## Properties

Glycemic Index:67.71, Glycemic Load:11.87, Inflammation Score:-7, Nutrition Score:10.756086956522%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg,

Epigallocatechin: 0.03mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg  
Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,  
Epigallocatechin 3-gallate: 0.02mg Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg  
Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.72mg, Isorhamnetin:  
1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg,  
Kaempferol: 0.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin:  
8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

## Taste

Sweetness: 47.21%, Saltiness: 100%, Sourness: 32.51%, Bitterness: 25.71%, Savoriness: 35.35%, Fattiness: 69.21%,  
Spiciness: 100%

## Nutrients (% of daily need)

Calories: 183.5kcal (9.17%), Fat: 6.39g (9.84%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 27.61g (9.2%), Net  
Carbohydrates: 24.29g (8.83%), Sugar: 5.92g (6.57%), Cholesterol: 6.21mg (2.07%), Sodium: 1199.17mg (52.14%),  
Protein: 5.22g (10.45%), Vitamin K: 54.15µg (51.57%), Vitamin C: 20.06mg (24.32%), Manganese: 0.4mg (20.18%),  
Vitamin A: 854.35IU (17.09%), Phosphorus: 139.31mg (13.93%), Fiber: 3.31g (13.25%), Vitamin B6: 0.26mg (12.89%),  
Calcium: 113.72mg (11.37%), Folate: 44.18µg (11.05%), Potassium: 357.64mg (10.22%), Selenium: 6.21µg (8.87%),  
Magnesium: 32.19mg (8.05%), Copper: 0.12mg (6.18%), Vitamin E: 0.91mg (6.06%), Vitamin B1: 0.09mg (6.06%),  
Zinc: 0.81mg (5.42%), Iron: 0.96mg (5.33%), Vitamin B2: 0.09mg (5.13%), Vitamin B5: 0.45mg (4.49%), Vitamin B3:  
0.82mg (4.08%), Vitamin B12: 0.1µg (1.61%)