



Scottish Tattie, Neep and Carrot Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 carrots chopped
- ☐ 1 handful parsley fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 4 medium potatoes chopped
- ☐ 6 servings grinding of salt and pepper black good
- ☐ 1 large turnip chopped

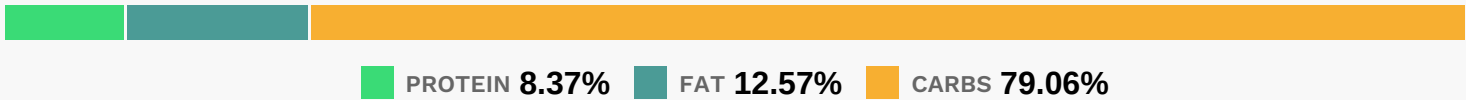
☐ 3 pints vegetable stock

Equipment

Directions

- ☐ Saute the onion and garlic in olive oil until soft and translucent.
- ☐ Add the carrots and cook gently for a few minutes, then add the turnip and potatoes.
- ☐ Add the stock, bring to the boil, then reduce to a simmer, cover with a lid and leave to cook gently for 30–40 minutes until the soup is lovely and thick and the vegetables are tender.
- ☐ Add the fresh herbs and season with salt and pepper.
- ☐ Serve with crusty bread,
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:56.26, Glycemic Load:22.97, Inflammation Score:-10, Nutrition Score:16.190434886062%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 184.41kcal (9.22%), Fat: 2.67g (4.1%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 31.99g (11.63%), Sugar: 7.96g (8.85%), Cholesterol: 0mg (0%), Sodium: 1212.51mg (52.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (7.99%), Vitamin A: 10754.05IU (215.08%), Vitamin C: 40.53mg (49.13%), Vitamin B6: 0.57mg (28.28%), Potassium: 885.81mg (25.31%), Fiber: 5.74g (22.94%), Vitamin K: 23.21µg (22.1%), Manganese: 0.39mg (19.36%), Vitamin B1: 0.18mg (11.8%), Phosphorus: 117.76mg (11.78%), Magnesium: 45.76mg (11.44%), Vitamin B3: 2.26mg (11.28%), Copper: 0.22mg (10.9%), Folate: 43.41µg (10.85%), Iron: 1.49mg (8.3%), Vitamin B5: 0.68mg (6.79%), Vitamin B2: 0.1mg (5.69%), Calcium: 53.41mg (5.34%), Vitamin E: 0.77mg (5.14%), Zinc: 0.69mg (4.61%), Selenium: 0.94µg (1.34%)