



Seven-Vegetable Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 ounces carrots peeled cut into large dice
- 20 ounces celery root trimmed peeled cut into large dice
- 12 ounces fennel bulb cored trimmed cut into large dice
- 1 teaspoon rosemary leaves fresh finely chopped
- 8 ounces sunchokes peeled cut into large dice
- 1 tablespoon kosher salt as needed plus more
- 1 tablespoon juice of lemon as needed freshly squeezed plus more
- 0.3 cup olive oil

- 12 ounces parsnips peeled cut into large dice
- 2 pepper dried red
- 7 ounces turnip peeled cut into large dice
- 1.5 quarts vegetable broth low-sodium
- 1 medium onion yellow
- 12 ounces yukon gold potatoes peeled cut into large dice

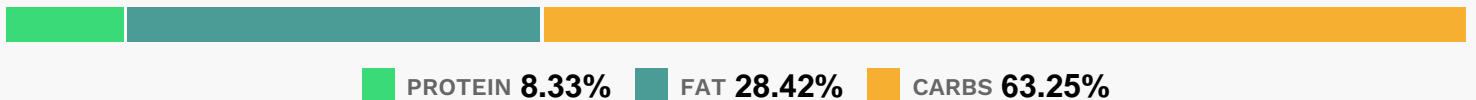
Equipment

- dutch oven

Directions

- Heat the oil in a large pot or Dutch oven over medium heat until shimmering.
- Add the onion and cook, stirring occasionally, until softened, about 6 minutes.
- Add the rest of the vegetables and the measured salt, stir to combine, and cover with a tightfitting lid. Cook, stirring every 5 minutes, until the vegetables begin to soften but still hold their shape, about 20 minutes total. Increase the heat to medium high, add the broth, stir to combine, and bring to a simmer. Reduce the heat to medium low and simmer uncovered, stirring occasionally, until the vegetables are fork tender, about 10 minutes more.
- Remove from the heat.
- Add the measured lemon juice, rosemary, and chiles or pepper flakes (if using) and stir to combine. Taste and season with additional salt and lemon juice as needed.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:11.27, Inflammation Score:-9, Nutrition Score:15.0665215202%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 175.4kcal (8.77%), Fat: 5.84g (8.99%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 22.87g (8.31%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 802.35mg (34.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin K: 58.14µg (55.37%), Vitamin A: 2425.37IU (48.51%), Vitamin C: 28.41mg (34.44%), Fiber: 6.4g (25.61%), Manganese: 0.47mg (23.71%), Potassium: 780.55mg (22.3%), Phosphorus: 157.14mg (15.71%), Vitamin B6: 0.31mg (15.49%), Folate: 52.98µg (13.25%), Vitamin E: 1.84mg (12.29%), Iron: 2.05mg (11.38%), Magnesium: 43.8mg (10.95%), Vitamin B1: 0.16mg (10.51%), Copper: 0.2mg (10%), Vitamin B3: 1.74mg (8.71%), Vitamin B5: 0.77mg (7.67%), Calcium: 74.39mg (7.44%), Vitamin B2: 0.1mg (6.12%), Zinc: 0.69mg (4.61%), Selenium: 1.72µg (2.46%)