



## Smoked Paprika and Rutabaga Bisque

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



160 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 medium celery stalks coarsely chopped
- 1 teaspoon pepper white
- 2 cups half and half
- 4.3 cups rutabaga peeled coarsely chopped
- 2.5 teaspoons paprika smoked
- 3 tablespoons butter unsalted
- 1 quart vegetable broth low-sodium
- 1 medium onion yellow coarsely chopped

# Equipment

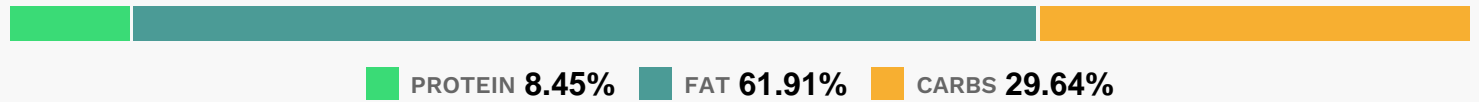
pot

blender

# Directions

- Melt butter in a large pot over medium heat. Once butter foams, add onion and celery, and season generously with salt. Cook, stirring occasionally, until vegetables are tender but not browned, about 5 minutes.
- Add rutabaga and broth, bring to a boil, then reduce heat to low and simmer until rutabaga is tender when pierced with a fork, about 30 minutes.
- Add half-and-half, paprika, and white pepper and stir to combine. Allow soup to cool slightly, then purée in a blender until smooth. (You will have to do this in batches.) Taste and season with more salt and white pepper as needed. Beverage pairing: Royal Oak Pale Ale, England. Soft bubbles make for a nice contrast with a creamy bisque, while the modestly sweet malt of an ale will not offend the rutabaga. A light hoppy character in the beer adds complexity to the pairing without bringing in bitterness.

# Nutrition Facts



# Properties

Glycemic Index:18.25, Glycemic Load:3.69, Inflammation Score:-6, Nutrition Score:6.4395651506341%

# Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

# Nutrients (% of daily need)

Calories: 159.95kcal (8%), Fat: 11.44g (17.59%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 9.58g (3.48%), Sugar: 6.98g (7.75%), Cholesterol: 32.46mg (10.82%), Sodium: 48.19mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin C: 20.24mg (24.54%), Vitamin A:

659.46IU (13.19%), Fiber: 2.74g (10.96%), Phosphorus: 104.78mg (10.48%), Calcium: 103.63mg (10.36%), Potassium: 345.07mg (9.86%), Vitamin B2: 0.16mg (9.48%), Manganese: 0.14mg (6.89%), Vitamin B6: 0.14mg (6.78%), Vitamin B1: 0.09mg (6.27%), Magnesium: 23.85mg (5.96%), Folate: 20.9µg (5.22%), Vitamin E: 0.68mg (4.56%), Selenium: 2.63µg (3.76%), Vitamin B3: 0.67mg (3.36%), Vitamin B5: 0.33mg (3.35%), Zinc: 0.47mg (3.16%), Iron: 0.56mg (3.1%), Copper: 0.04mg (2.13%), Vitamin K: 2.23µg (2.12%), Vitamin B12: 0.12µg (2.06%)