



Spiced root soup with crisp spiced onions



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



440 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 onion
- ☐ 3 tbsp vegetable oil
- ☐ 1 tsp mustard seeds
- ☐ 1 tsp cumin seeds
- ☐ 2 leek sliced
- ☐ 3 carrots sliced
- ☐ 2 medium potatoes chopped
- ☐ 2 small celery root chopped

- ☐ 2 tsp curry paste
- ☐ 1.2 l vegetable stock
- ☐ 250 ml yogurt
- ☐ 4 servings parsley

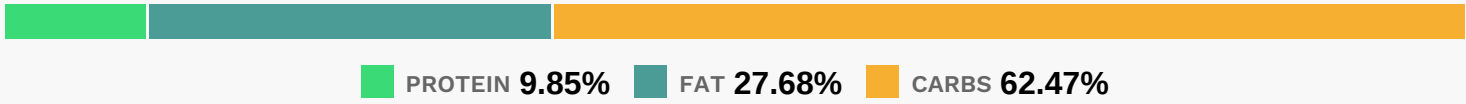
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Peel and halve the onions through the root, then slice thinly lengthways.
- ☐ Heat 2 tbsp of the oil in a large pan, add half the onions and fry until just starting to colour.
- ☐ Add the mustard and cumin seeds and fry until nicely browned.
- ☐ Add vegetables and curry paste and stir until well coated.
- ☐ Pour in the stock and bring to the boil. Reduce the heat, partly cover and simmer for 30 mins, until the vegetables are tender. Meanwhile, heat the remaining tbsp of oil in a small pan, add the onions and fry quickly until crisp and browned. Tip onto kitchen paper.
- ☐ Pure the soup in batches, then return to the pan and stir in most of the yogurt. Taste and add salt, if necessary. Reheat gently, then ladle into bowls and top each with a spoonful of yogurt, some fried onions and a scattering of roughly chopped coriander or parsley.

Nutrition Facts



Properties

Glycemic Index:81.4, Glycemic Load:28.73, Inflammation Score:-10, Nutrition Score:35.386086834514%

Flavonoids

Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.73mg,

Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 439.78kcal (21.99%), Fat: 14.18g (21.82%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 72.02g (24.01%), Net Carbohydrates: 60.47g (21.99%), Sugar: 18.07g (20.08%), Cholesterol: 8.41mg (2.8%), Sodium: 1599.01mg (69.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Vitamin K: 246.99µg (235.23%), Vitamin A: 9824.36IU (196.49%), Vitamin C: 65.02mg (78.81%), Vitamin B6: 1.11mg (55.59%), Phosphorus: 552.56mg (55.26%), Potassium: 1865.72mg (53.31%), Manganese: 1.07mg (53.28%), Fiber: 11.55g (46.2%), Magnesium: 126.48mg (31.62%), Calcium: 300.08mg (30.01%), Iron: 5.03mg (27.97%), Folate: 102.14µg (25.53%), Vitamin B1: 0.36mg (23.96%), Copper: 0.46mg (22.88%), Vitamin B2: 0.38mg (22.51%), Vitamin B3: 4.24mg (21.19%), Vitamin B5: 1.99mg (19.86%), Vitamin E: 2.85mg (18.99%), Zinc: 2.12mg (14.12%), Selenium: 5.86µg (8.37%), Vitamin B12: 0.24µg (3.99%)