



Watercress & celeriac soup with goat's cheese croutons

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



305 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 leek washed and sliced
- ☐ 50 g butter
- ☐ 1 tbsp olive oil
- ☐ 1 celery root diced peeled
- ☐ 1.5 l vegetable stock
- ☐ 200 g watercress
- ☐ 6 slices crusty baguette toasted

- ☐ 100 g goat cheese soft
- ☐ 3 sprigs watercress

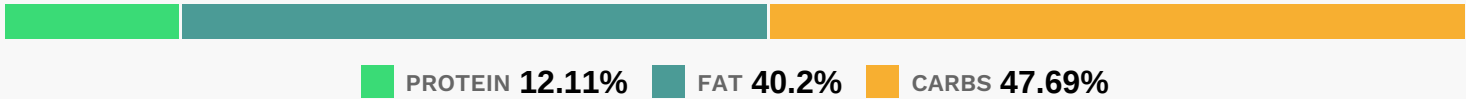
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Gently cook the leeks in the butter and olive oil until soft but not coloured.
- ☐ Add the celeriac and stock, bring to the boil and simmer until the celeriac is soft.
- ☐ Add the bags of watercress and blend until smooth, then season. Cool. Will freeze for up to 3 months.
- ☐ To serve, defrost the soup in the fridge overnight, then tip into a saucepan and reheat. Top each toasted baguette slice with some goats cheese, then add a slice to each bowl with a sprig of watercress.

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:17.24, Inflammation Score:-9, Nutrition Score:21.373043524182%

Flavonoids

Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 9.55mg, Kaempferol: 9.55mg, Kaempferol: 9.55mg, Kaempferol: 9.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg

Nutrients (% of daily need)

Calories: 305.17kcal (15.26%), Fat: 14.02g (21.56%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 33.55g (12.2%), Sugar: 7.88g (8.76%), Cholesterol: 25.58mg (8.53%), Sodium: 1440.39mg (62.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Vitamin K: 162.01µg (154.29%), Vitamin A: 3001.98IU (60.04%), Vitamin C: 30.66mg (37.16%), Manganese: 0.71mg (35.3%), Phosphorus: 241.17mg (24.12%), Vitamin B6: 0.44mg (21.84%), Folate: 86.24µg (21.56%), Vitamin B1: 0.32mg (21.28%), Iron: 3.51mg (19.49%),

Calcium: 182.05mg (18.2%), Vitamin B2: 0.29mg (17.25%), Potassium: 591.96mg (16.91%), Copper: 0.33mg (16.72%),
Fiber: 3.86g (15.45%), Magnesium: 56.7mg (14.17%), Vitamin B3: 2.59mg (12.96%), Vitamin E: 1.93mg (12.89%),
Selenium: 7.72µg (11.02%), Vitamin B5: 0.82mg (8.15%), Zinc: 0.88mg (5.87%)