



Wild Rice and Celery Root Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 0.5 cup carrots finely chopped
- 3 cups celery root cubed peeled () (celery root; 3/4 pound)
- 1.8 cups rice wild cooked
- 2 tablespoons cooking wine dry white
- 3 cups less-sodium chicken broth fat-free
- 2 tablespoons chives fresh minced

- 0.5 teaspoon kosher salt
- 1 cup leek thinly sliced
- 1 cup water

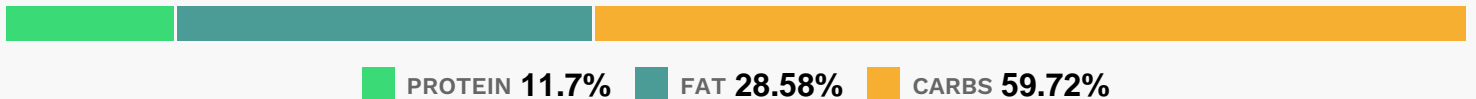
Equipment

- frying pan
- sauce pan
- blender

Directions

- Melt butter in a large saucepan over medium heat.
- Add leek and carrot; cover and cook 5 minutes. Uncover and cook 5 minutes or until tender. Stir in wine, scraping pan to loosen browned bits.
- Add celeriac, broth, 1 cup water, salt, and pepper; bring to a boil. Cover and cook 10 minutes or until celeriac is tender.
- Place 1 cup soup mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Add pureed soup mixture back to saucepan.
- Add wild rice; cook 15 minutes.
- Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:31.98, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:8.3373912624691%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg,

Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.41mg, Apigenin: 1.41mg, Apigenin: 1.41mg, Apigenin: 1.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 102.98kcal (5.15%), Fat: 3.34g (5.14%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 13.54g (4.92%), Sugar: 2.19g (2.43%), Cholesterol: 7.53mg (2.51%), Sodium: 585.04mg (25.44%), Alcohol: 0.39g (100%), Alcohol %: 0.21% (100%), Protein: 3.08g (6.16%), Vitamin A: 1643.81IU (32.88%), Vitamin K: 32.51µg (30.96%), Manganese: 0.29mg (14.57%), Phosphorus: 114.9mg (11.49%), Vitamin B6: 0.2mg (9.86%), Fiber: 2.17g (8.69%), Vitamin C: 6.92mg (8.39%), Potassium: 290.31mg (8.29%), Vitamin B3: 1.48mg (7.41%), Magnesium: 29.38mg (7.34%), Copper: 0.13mg (6.27%), Folate: 24.45µg (6.11%), Iron: 1.04mg (5.77%), Vitamin B2: 0.09mg (5.59%), Zinc: 0.74mg (4.93%), Vitamin B1: 0.07mg (4.46%), Calcium: 42.24mg (4.22%), Vitamin B5: 0.41mg (4.1%), Selenium: 2.74µg (3.92%), Vitamin E: 0.54mg (3.57%), Vitamin B12: 0.18µg (2.94%)