

# Parsnip Soup with Coriander and Parsley

Food Network Magazine

## Servings: 4

2 tablespoons unsalted butter  
1 onion, thinly sliced  
1 teaspoon coriander seeds  
1 cup fresh parsley, leaves chopped;  
tender stems reserved  
Kosher salt  
6 medium parsnips, peeled and cut  
into one-inch pieces  
2 medium carrots, peeled and cut into  
one-inch pieces  
2 cloves garlic, minced  
1/2 cup fresh orange juice  
1 tablespoon molasses  
1/2 cup heavy cream  
1/2 cup whole milk  
1 tablespoon fresh ginger, peeled and  
grated  
extra-virgin olive oil (for drizzling)

## Preparation Time: 30 minutes

Heat a large pot over medium heat. Add the butter, onion, coriander seeds, parsley stems and a generous pinch of salt. Cook, stirring, until the onion is translucent, about 5 minutes.

Add the parsnips, carrots and garlic. Season with salt. Cook, stirring, until slightly softened, 5 to 8 minutes.

Add seven cups of water, the orange juice and molasses to the pot. Bring to a simmer over medium heat. Cook, stirring occasionally, until the vegetables are tender, 25 to 30 minutes.

Stir the heavy cream and milk into the soup. Return to a simmer. Working in batches, transfer to a blender and puree until smooth. Thin with water if the soup is too thick.

Stir in the ginger and chopped parsley leaves. Season with salt. Serve drizzled with olive oil.

Start to Finish Time: 1 hour

---

Per Serving (excluding unknown items): 491 Calories; 19g Fat (33.6% calories from fat); 7g Protein; 78g Carbohydrate; 19g Dietary Fiber; 60mg Cholesterol; 86mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	491	Vitamin B6 (mg):	.5mg
% Calories from Fat:	33.6%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates: 60.8%  
 % Calories from Protein: 5.7%  
 Total Fat (g): 19g  
 Saturated Fat (g): 11g  
 Monounsaturated Fat (g): 6g  
 Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 60mg  
 Carbohydrate (g): 78g  
 Dietary Fiber (g): 19g  
 Protein (g): 7g  
 Sodium (mg): 86mg  
 Potassium (mg): 1744mg  
 Calcium (mg): 236mg  
 Iron (mg): 4mg  
 Zinc (mg): 3mg  
 Vitamin C (mg): 99mg  
 Vitamin A (i.u.): 11661IU  
 Vitamin A (r.e.): 1287RE

Thiamin B1 (mg): .4mg  
 Riboflavin B2 (mg): .3mg  
 Folic Acid (mcg): 281mcg  
 Niacin (mg): 3mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 4  
 Lean Meat: 0  
 Vegetable: 1 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 3 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

Calories 491      Calories from Fat: 165

### % Daily Values\*

**Total Fat** 19g 29%  
     Saturated Fat 11g 56%  
**Cholesterol** 60mg 20%  
**Sodium** 86mg 4%  
**Total Carbohydrates** 78g 26%  
     Dietary Fiber 19g 75%  
**Protein** 7g

**Vitamin A** 233%  
**Vitamin C** 166%  
**Calcium** 24%  
**Iron** 20%

\* Percent Daily Values are based on a 2000 calorie diet.