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## Jerusalem Artichoke Soup <sup>••</sup>

A delicious vegetarian soup made with Jerusalem artichokes. This soup is creamy, flavorful, and perfect for a cozy meal.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	jerusalem artichokes
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>1000 ml</b>	vegetable broth
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt

**0.5 tsp** Black pepper

**2**  
**sprigs** fresh thyme

## Directions

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### Step 1

Cut

Peel and chop the Jerusalem artichokes, onion, and garlic.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Sautéing

Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic and sauté until translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Sautéing

Add the chopped Jerusalem artichokes to the pot and sauté for another 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

**Boiling**

Pour in the vegetable broth and add the fresh thyme. Season with salt and black pepper.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

**Simmering**

Bring the soup to a boil, then reduce the heat and let it simmer for 15 minutes or until the Jerusalem artichokes are tender.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 6

**Blending**

Remove the pot from the heat and let the soup cool slightly. Use an immersion blender or a regular blender to puree the soup until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

### Heating

Return the soup to the pot and reheat if necessary. Serve hot and garnish with fresh thyme leaves.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 4 g

**Protein:** 3 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Spring Summer

### Course

Snacks Sauces & Dressings Soups

### Diet

Anti-Inflammatory Diet

### Cooking Method

Frying

Boiling

Cutting

Serving

Cooking

None

Refrigerating

### Healthy For

Gastroesophageal reflux disease (GERD)

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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