



5:2 Diet - Carrot, Leek and Mustard Seed Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 large carrots roughly chopped
- ☐ 1 handful chives fresh chopped
- ☐ 1 large leek roughly chopped
- ☐ 50 ml yoghurt low fat
- ☐ 250 ml soya milk
- ☐ 2 tbsp mustard seeds
- ☐ 1 large onion roughly chopped
- ☐ 1 tbsp rapeseed oil

- ☐ 1 pinch salt and pepper
- ☐ 1.5 liters vegetable stock

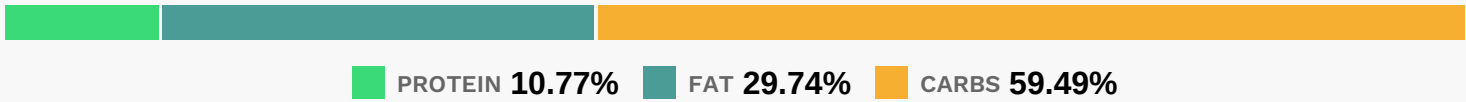
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Heat the oil in a large pan, then add the mustard seeds, after a couple of minutes they will start to pop. Don't let them heat for any longer or they will burn.
- ☐ Add the onions leeks and season them.
- ☐ Saute them for about 5 minutes until they have started to soften.
- ☐ Add the carrots and allow them to cook gently for 5 minutes.
- ☐ Add the stock and bring to the boil. When it has reached boiling point, reduce it to a simmer and leave it to cook away for about 20 minutes until the carrots have softened.
- ☐ Turn of the heat, add the milk and whizz with a hand blender or in a food processor until smooth.
- ☐ Serve with a swirl of milk or a dollop of yoghurt and some chives.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:29.23, Glycemic Load:5.33, Inflammation Score:-10, Nutrition Score:11.536956548691%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 107.53kcal (5.38%), Fat: 3.72g (5.73%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 13.52g (4.92%), Sugar: 9.2g (10.22%), Cholesterol: 4.26mg (1.42%), Sodium: 831.88mg (36.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin A: 15695.69IU (313.91%), Vitamin K: 19.69µg (18.75%), Fiber: 3.24g (12.97%), Manganese: 0.25mg (12.42%), Potassium: 411.99mg (11.77%), Vitamin C: 8.49mg (10.29%), Vitamin B6: 0.2mg (10.12%), Calcium: 96.71mg (9.67%), Phosphorus: 96.03mg (9.6%), Folate: 31.57µg (7.89%), Vitamin E: 1.11mg (7.37%), Vitamin B2: 0.12mg (7.27%), Vitamin B1: 0.11mg (7.24%), Magnesium: 26.8mg (6.7%), Selenium: 4.4µg (6.29%), Vitamin B3: 1.07mg (5.35%), Vitamin B5: 0.46mg (4.57%), Iron: 0.7mg (3.9%), Copper: 0.07mg (3.66%), Zinc: 0.55mg (3.66%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.35µg (2.36%)