



Baby Carrot Soup

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 oz baby carrots
- ☐ 7 oz chipotle peppers in adobo sauce canned
- ☐ 5 servings toppings: chives dried fresh sour chopped reduced-fat
- ☐ 32 oz chicken broth fat-free low-sodium
- ☐ 0.3 cup half-and-half
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt
- ☐ 1 small onion sweet chopped

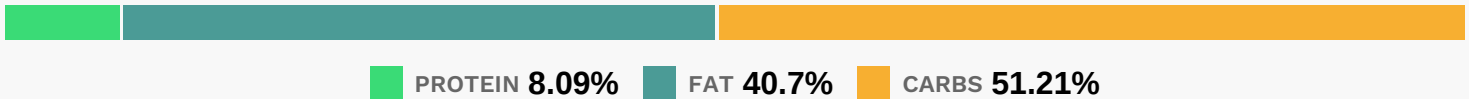
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Remove 2 tsp. adobo sauce from can; reserve peppers and remaining sauce for another use.
- ☐ Saut onion in hot oil in a Dutch oven over medium heat 3 to 4 minutes or until tender. Stir in broth, carrots, and 2 tsp. adobo sauce; cover, increase heat to medium-high, and bring to a boil. Reduce heat to medium, and simmer, partially covered, 15 to 20 minutes or until carrots are tender.
- ☐ Remove from heat, and let cool 10 minutes.
- ☐ Process carrot mixture in a blender or food processor 1 minute or until smooth, stopping to scrape down sides as needed. Return carrot mixture to Dutch oven. Stir in half-and-half and salt. Cook over low heat 2 to 4 minutes or until thoroughly heated.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:12.597391286622%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 165.18kcal (8.26%), Fat: 7.68g (11.81%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 14.55g (5.29%), Sugar: 11.28g (12.53%), Cholesterol: 14.05mg (4.68%), Sodium: 1313.44mg (57.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Vitamin A: 12648.56IU (252.97%), Fiber: 7.2g (28.78%), Iron: 2.23mg (12.39%), Potassium: 420.51mg (12.01%), Folate: 44.66µg (11.16%), Vitamin B6: 0.22mg (10.98%), Manganese: 0.21mg (10.43%), Vitamin K: 10.74µg (10.23%), Calcium: 100.95mg (10.09%), Phosphorus: 95.6mg (9.56%), Selenium: 6.4µg (9.14%), Vitamin B2: 0.14mg (8.48%), Copper: 0.17mg (8.4%), Vitamin B12: 0.49µg (8.24%), Vitamin B3: 1.64mg (8.2%), Vitamin C: 5.9mg (7.15%), Vitamin B5: 0.69mg (6.93%), Vitamin B1: 0.08mg (5.43%), Magnesium: 20.87mg (5.22%), Vitamin E: 0.53mg (3.53%), Zinc: 0.46mg (3.07%)