



Carrot and Caraway Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 1 teaspoon caraway seeds with pestle crushed
- 12 ounces carrots peeled sliced
- 2 servings parsley fresh chopped
- 14 ounce chicken broth canned ()
- 1 onion chopped

Equipment

- bowl

sauce pan

ladle

Directions

Melt butter in heavy medium saucepan over medium heat.

Add onion and sauté 1 minute.

Add carrots and sauté until onion is tender, about 8 minutes.

Add caraway and cook 30 seconds.

Add 1 can broth. Cover and simmer until carrots are tender, about 35 minutes.

Transfer soup to processor; puree. Season to taste with salt and pepper. Do ahead Can be made 1 day ahead. Cover and refrigerate.

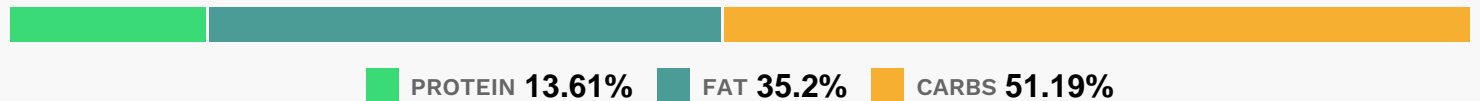
Return soup to saucepan and bring to simmer, thinning with more broth if too thick.

Mix in aquavit. Ladle into bowls.

Garnish with parsley and serve.

Self

Nutrition Facts



Properties

Glycemic Index:77.92, Glycemic Load:6.58, Inflammation Score:-10, Nutrition Score:18.27652180454%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 178.45kcal (8.92%), Fat: 7.51g (11.55%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 18.36g (6.68%), Sugar: 10.7g (11.89%), Cholesterol: 15.05mg (5.02%), Sodium: 226.52mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin A: 28933.05IU (578.66%), Vitamin K:

88.76µg (84.54%), Fiber: 6.21g (24.84%), Vitamin C: 19.64mg (23.8%), Potassium: 832.62mg (23.79%), Vitamin B3: 4.55mg (22.73%), Manganese: 0.33mg (16.68%), Vitamin B6: 0.33mg (16.4%), Phosphorus: 144.7mg (14.47%), Folate: 49.16µg (12.29%), Vitamin B2: 0.18mg (10.77%), Copper: 0.21mg (10.71%), Vitamin B1: 0.15mg (9.68%), Calcium: 90.81mg (9.08%), Vitamin E: 1.35mg (9.01%), Magnesium: 32.62mg (8.15%), Iron: 1.45mg (8.08%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.8mg (5.36%), Vitamin B12: 0.21µg (3.51%)