



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 low-salt chicken broth canned ()
- ☐ 1 onion chopped
- ☐ 2 tablespoons aquavit
- ☐ 2 tablespoons aquavit

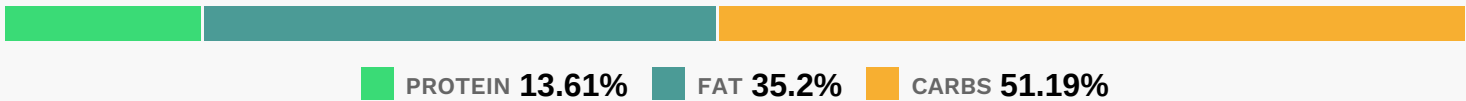
Equipment

- ☐ 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%)