



## Carrot and Cilantro Soup

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 5 medium carrots chopped
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon brown sauce
- ☐ 1 tablespoon olive oil
- ☐ 2 large onions chopped

- ☐ 1 chile pepper fresh red chopped
- ☐ 84 ounce roma tomatoes with juice canned
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup vegetable stock
- ☐ 1 tablespoon sugar white
- ☐ 1 tablespoon worcestershire sauce

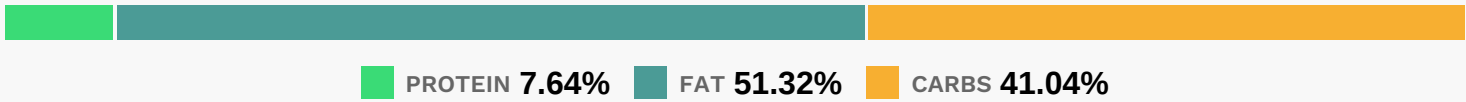
## Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

## Directions

- ☐ Heat the olive oil in a large pot over medium heat, and cook the onions, carrots, garlic, and chile pepper until tender.
- ☐ Mix in tomatoes, vegetable stock, 1/2 the cilantro, balsamic vinegar, sugar, brown sauce, and Worcestershire sauce. Season with salt and pepper. Bring to a boil. Reduce heat to low, and simmer 30 minutes.
- ☐ Transfer the soup in batches to a blender or food processor, and blend until smooth. Return to the pot, and continue cooking until heated through.
- ☐ Remove soup from heat, and mix in the cream. Finely chop the remaining cilantro, and mix into the soup to serve.

## Nutrition Facts



## Properties

Glycemic Index:47.99, Glycemic Load:6.84, Inflammation Score:-10, Nutrition Score:18.291304450968%

## Flavonoids

Naringenin: 2.02mg, Naringenin: 2.02mg, Naringenin: 2.02mg, Naringenin: 2.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

Nutrients (% of daily need)

Calories: 219.12kcal (10.96%), Fat: 13.25g (20.39%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 18.44g (6.71%), Sugar: 15.4g (17.11%), Cholesterol: 33.62mg (11.21%), Sodium: 414.2mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin A: 9472.17IU (189.44%), Vitamin C: 54.85mg (66.48%), Vitamin K: 34.63µg (32.98%), Potassium: 958.39mg (27.38%), Manganese: 0.48mg (23.78%), Fiber: 5.41g (21.62%), Vitamin B6: 0.39mg (19.27%), Vitamin E: 2.46mg (16.39%), Folate: 62.32µg (15.58%), Phosphorus: 119mg (11.9%), Vitamin B3: 2.31mg (11.53%), Magnesium: 45.65mg (11.41%), Copper: 0.23mg (11.4%), Vitamin B1: 0.17mg (11.08%), Vitamin B2: 0.16mg (9.12%), Calcium: 76.93mg (7.69%), Iron: 1.27mg (7.05%), Zinc: 0.77mg (5.13%), Vitamin B5: 0.51mg (5.12%), Vitamin D: 0.48µg (3.17%), Selenium: 1.28µg (1.83%)