




 **62%**
HEALTH SCORE

Carrot and Coriander Soup


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




45 min.

SERVINGS



1

CALORIES



354 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 6 carrots cubed
- 1 medium onion
- 1 tbsp olive oil
- 1 tsp ground coriander
- 0.3 cup orange juice
- 1 cups water
- 1 serving salt
- 0.5 tsp pepper

1 serving cilantro leaves fresh

Equipment

pot

blender

Directions

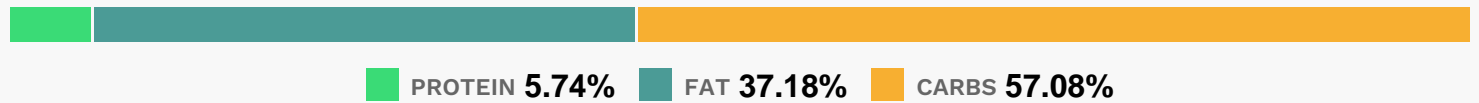
In a deep pot, heat oil or butter and add the chopped onions until soft. Now add the carrots and saute for a few minutes.

Add the water, salt and pepper. Cover and cook until the carrots are done. Now add the orange juice and the coriander powder.

Let it cook for 2 more minutes. Puree the soup in a blender and garnish with fresh coriander.

Serve hot!

Nutrition Facts



Properties

Glycemic Index:189.83, Glycemic Load:17.3, Inflammation Score:-10, Nutrition Score:26.97347826087%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 23.31mg, Quercetin: 23.31mg, Quercetin: 23.31mg, Quercetin: 23.31mg

Nutrients (% of daily need)

Calories: 353.62kcal (17.68%), Fat: 15.47g (23.79%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 53.42g (17.81%), Net Carbohydrates: 40.17g (14.61%), Sugar: 27.23g (30.25%), Cholesterol: 0mg (0%), Sodium: 464.34mg (20.19%), Protein: 5.38g (10.75%), Vitamin A: 61282.38IU (1225.65%), Vitamin C: 61.14mg (74.11%), Vitamin K: 59.19µg (56.37%), Fiber: 13.25g (53.01%), Potassium: 1492.6mg (42.65%), Manganese: 0.84mg (41.83%), Vitamin B6: 0.66mg (33.25%), Vitamin E: 4.49mg (29.94%), Folate: 109.27µg (27.32%), Vitamin B1: 0.35mg (23.56%), Vitamin B3: 4.02mg (20.12%),

Magnesium: 71.79mg (17.95%), Phosphorus: 179.53mg (17.95%), Calcium: 177.52mg (17.75%), Vitamin B2: 0.27mg (15.75%), Copper: 0.3mg (15.2%), Vitamin B5: 1.27mg (12.67%), Iron: 1.93mg (10.7%), Zinc: 1.22mg (8.12%), Selenium: 1.5µg (2.14%)