

Carrot and Coriander Soup II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



30 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large carrots cut into 1 inch pieces
- 0.5 cup cilantro leaves fresh chopped
- 0.3 large onion chopped
- 1 quart vegetable stock

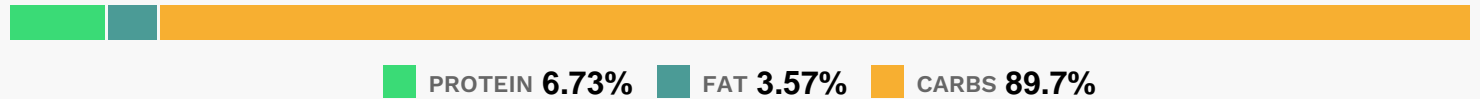
Equipment

- food processor
- sauce pan
- blender

Directions

- Place the carrots, onion, vegetable broth and cilantro into a large saucepan. Bring to a boil, and cook until the carrots are tender, about 10 minutes.
- Remove from heat and allow to cool slightly.
- Puree the soup until smooth, using a blender or food processor. Reheat before serving if necessary.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:6.7473912601886%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 30.37kcal (1.52%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.76g (2.1%), Sugar: 3.89g (4.32%), Cholesterol: 0mg (0%), Sodium: 664.89mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin A: 8444.93IU (168.9%), Vitamin K: 10.49µg (9.99%), Fiber: 1.49g (5.95%), Potassium: 169.67mg (4.85%), Vitamin C: 3.65mg (4.43%), Manganese: 0.08mg (4.12%), Vitamin B6: 0.08mg (3.79%), Folate: 11.13µg (2.78%), Vitamin B3: 0.49mg (2.47%), Vitamin B1: 0.04mg (2.36%), Vitamin E: 0.35mg (2.34%), Phosphorus: 19.25mg (1.93%), Vitamin B2: 0.03mg (1.86%), Calcium: 18.17mg (1.82%), Magnesium: 6.73mg (1.68%), Vitamin B5: 0.15mg (1.46%), Copper: 0.03mg (1.35%)