



 **46%**  
HEALTH SCORE

## Carrot and Ginger Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



168 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 medium butternut squash
- 1 pound carrots diced peeled
- 2 inch ginger fresh peeled thinly sliced
- 3 cloves garlic crushed to taste
- 1 pinch ground cinnamon
- 2 tablespoons olive oil
- 1 onion diced
- 4 servings salt and pepper to taste

4 cups water

## Equipment

bowl

frying pan

baking sheet

sauce pan

ladle

oven

pot

blender

immersion blender

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Scoop seeds out of the butternut squash half, and place cut side down onto a greased baking sheet.

Bake for 30 to 40 minutes, or until softened. Allow to cool, then scoop the squash flesh out of the skin using a large spoon and set aside. Discard skin.

Heat olive oil in a large saucepan or soup pot over medium heat.

Add chopped onion and garlic, and cook, stirring until onion is translucent.

Pour in the water, and add squash, carrots and ginger. Bring to a boil, and cook for at least 20 minutes, or until carrots and ginger are tender.

Puree the mixture in the blender, or using an immersion blender.

Add boiling water if necessary to thin, but bear in mind this is meant to be a thick creamy soup. Return soup to the pan, and heat through. Season with salt, pepper and cinnamon.

Ladle into serving bowls, and pour a thin swirl of cream over the top as a garnish if desired.

## Nutrition Facts



**PROTEIN 5.56%** **FAT 37.14%** **CARBS 57.3%**

## Properties

Glycemic Index:30.96, Glycemic Load:4.46, Inflammation Score:-10, Nutrition Score:15.774782512499%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

## Nutrients (% of daily need)

Calories: 167.84kcal (8.39%), Fat: 7.43g (11.43%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 20.14g (7.32%), Sugar: 8.69g (9.65%), Cholesterol: 0mg (0%), Sodium: 289.7mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin A: 28910.81IU (578.22%), Vitamin C: 29.29mg (35.51%), Fiber: 5.66g (22.65%), Manganese: 0.44mg (22.09%), Potassium: 756.9mg (21.63%), Vitamin E: 3.12mg (20.83%), Vitamin K: 20.38µg (19.41%), Vitamin B6: 0.37mg (18.37%), Magnesium: 52.7mg (13.18%), Folate: 52.54µg (13.13%), Vitamin B1: 0.19mg (12.44%), Vitamin B3: 2.31mg (11.57%), Calcium: 101.17mg (10.12%), Copper: 0.18mg (9.1%), Phosphorus: 83.27mg (8.33%), Vitamin B5: 0.74mg (7.39%), Iron: 1.16mg (6.44%), Vitamin B2: 0.1mg (5.63%), Zinc: 0.52mg (3.48%), Selenium: 1.07µg (1.52%)