



Carrot-and-Leek Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pound baby carrots
- ☐ 64 ounce chicken broth
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 3 garlic cloves chopped
- ☐ 1 cup half-and-half
- ☐ 4 large leeks cleaned sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

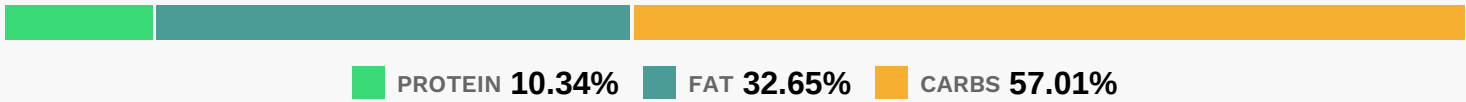
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Remove and discard green tops from leeks; cut white portions into slices, and set aside.
- ☐ Saut chopped onion and chopped garlic in hot olive oil in a large Dutch oven over medium heat just until tender. Do not brown.
- ☐ Stir in leeks, carrots, and next 3 ingredients. Bring to a boil. Reduce heat and simmer, stirring occasionally, 25 minutes or until vegetables are tender.
- ☐ Stir in thyme.
- ☐ Remove from heat, and let cool 10 minutes.
- ☐ Process carrot mixture, in 2 or 3 batches, in a food processor or with a hand emulsion blender until smooth.
- ☐ Return carrot mixture to Dutch oven, and add half-and-half.
- ☐ Heat over low heat until warm.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:16.42391306421%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 160.8kcal (8.04%), Fat: 6.08g (9.35%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 17.95g (6.53%), Sugar: 12.44g (13.82%), Cholesterol: 15.12mg (5.04%), Sodium: 1147.39mg (49.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin A: 24311.64IU (486.23%), Vitamin K: 39.04µg (37.18%), Manganese: 0.62mg (30.82%), Fiber: 5.93g (23.73%), Folate: 77.11µg (19.28%), Potassium: 582.4mg (16.64%), Vitamin B6: 0.32mg (16.11%), Vitamin B2: 0.27mg (15.94%), Iron: 2.72mg (15.09%), Copper: 0.27mg (13.41%), Vitamin C: 11.05mg (13.39%), Calcium: 127.15mg (12.71%), Phosphorus: 105.43mg (10.54%), Vitamin B1: 0.14mg (9.4%), Magnesium: 36.1mg (9.02%), Vitamin B5: 0.87mg (8.71%), Vitamin B3: 1.67mg (8.37%), Selenium: 4.06µg (5.8%), Vitamin E: 0.83mg (5.56%), Zinc: 0.65mg (4.34%), Vitamin B12: 0.1µg (1.71%)