



Carrot and Onion Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds carrots thinly sliced
- ☐ 8 servings kosher salt and pepper
- ☐ 7 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 2 onions yellow sliced

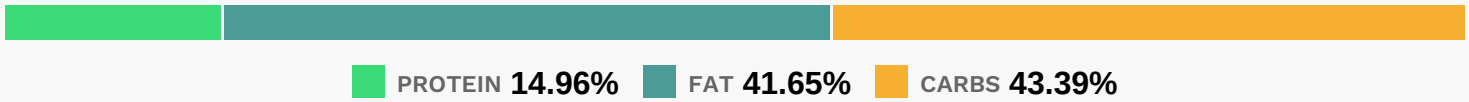
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium-low heat.
- ☐ Add the onions and cook, stirring occasionally, until soft, 10 to 12 minutes.
- ☐ Add the carrots, broth, 1 teaspoon salt, and 1/3 teaspoon pepper and bring to a boil. Reduce heat and simmer until the carrots are tender, about 10 minutes. Divide the soup among individual bowls and serve with the crackers, if using.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:11.940434740937%

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: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 136.94kcal (6.85%), Fat: 6.79g (10.44%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 12.27g (4.46%), Sugar: 6.81g (7.57%), Cholesterol: 0mg (0%), Sodium: 335.19mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin A: 18944.84IU (378.9%), Vitamin B3: 3.98mg (19.88%), Vitamin K: 18.24µg (17.37%), Potassium: 580.71mg (16.59%), Fiber: 3.64g (14.57%), Phosphorus: 109.61mg (10.96%), Vitamin C: 8.73mg (10.58%), Vitamin B6: 0.21mg (10.51%), Vitamin E: 1.51mg (10.07%), Manganese: 0.2mg (9.91%), Copper: 0.17mg (8.36%), Vitamin B2: 0.14mg (7.95%), Folate: 26.77µg (6.69%), Vitamin B1: 0.09mg (5.83%), Calcium: 52.18mg (5.22%), Iron: 0.86mg (4.79%), Magnesium: 18.43mg (4.61%), Zinc: 0.53mg (3.51%), Vitamin B12: 0.21µg (3.44%), Vitamin B5: 0.34mg (3.43%)