



Carrot and Sweet Potato Soup with Cranberry Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large carrots peeled cut in 2-inch pieces (4 1/2 ounces)
- ☐ 0.3 cup cranberries fresh coarsely chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon ginger fresh finely grated
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion cut into 8 wedges (14 ounces)

- ☐ 3 tablespoons orange juice fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots chopped (1 medium)
- ☐ 0.5 teaspoon sugar
- ☐ 1 large sweet potatoes and into peeled cut in 2-inch chunks (3/4 pound)
- ☐ 4 cups vegetable broth organic (such as Swanson Certified)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ To prepare relish, combine the first 4 ingredients in a small bowl; set aside.
- ☐ Preheat oven to 40
- ☐ To prepare soup, combine carrots, sweet potato, and onion on a jelly-roll pan; drizzle with oil. Toss to coat.
- ☐ Bake at 400 for 30 minutes or until vegetables are tender and just beginning to brown, stirring after 15 minutes.
- ☐ Place vegetables, broth, and ginger in a Dutch oven over medium-high heat; bring to a boil. Cover, reduce heat, and simmer for 20 minutes.
- ☐ Place half of vegetable mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour pureed mixture into a large bowl; repeat procedure with remaining vegetable mixture. Stir in salt and pepper. Ladle 1 cup soup into each of 4 bowls. Stir parsley into relish. Top each serving with 1 tablespoon relish mixture.

Nutrition Facts

 **PROTEIN 5.45%**  **FAT 21.42%**  **CARBS 73.13%**

Properties

Glycemic Index:113.23, Glycemic Load:12.71, Inflammation Score:-10, Nutrition Score:12.883913123089%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 151.32kcal (7.57%), Fat: 3.71g (5.7%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 24.19g (8.8%), Sugar: 10.06g (11.18%), Cholesterol: 0mg (0%), Sodium: 1159.47mg (50.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Vitamin A: 18772.53IU (375.45%), Vitamin K: 41.81µg (39.82%), Vitamin C: 15.59mg (18.9%), Manganese: 0.35mg (17.28%), Fiber: 4.29g (17.17%), Potassium: 480.94mg (13.74%), Vitamin B6: 0.27mg (13.43%), Vitamin B5: 0.86mg (8.6%), Copper: 0.17mg (8.43%), Magnesium: 31.06mg (7.76%), Vitamin B1: 0.11mg (7.59%), Vitamin E: 1.07mg (7.15%), Folate: 27.37µg (6.84%), Phosphorus: 63.51mg (6.35%), Vitamin B2: 0.09mg (5.03%), Iron: 0.89mg (4.96%), Calcium: 47.76mg (4.78%), Vitamin B3: 0.94mg (4.71%), Zinc: 0.42mg (2.79%)