



Carrot, Apple, and Ginger Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound carrots chopped
- ☐ 8 servings pepper fresh black freshly ground chopped
- ☐ 2 tsp ginger fresh minced
- ☐ 1 gala apple peeled chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon orange zest
- ☐ 2 shallots chopped
- ☐ 6 cups vegetable stock organic

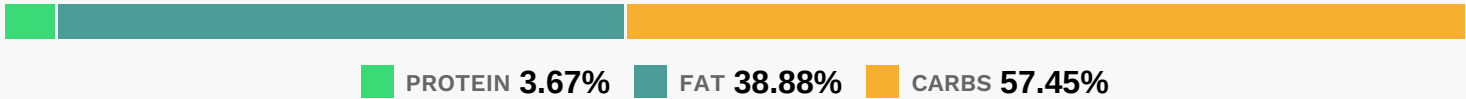
Equipment

- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Saut shallots in hot oil in a large Dutch oven over medium heat 2 to 3 minutes or until tender. Stir in carrots and apple; cook, stirring often, 2 to 4 minutes or until apple is tender.
- ☐ Add ginger, and cook, stirring constantly, 1 minute. Stir in broth and zest; bring to a boil over medium-high heat. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 30 minutes or until carrots are tender. Stir in salt, lime juice, and pepper.
- ☐ Remove from heat. Process mixture with a handheld blender until smooth.

Nutrition Facts



Properties

Glycemic Index:29.1, Glycemic Load:3.94, Inflammation Score:-10, Nutrition Score:7.7713043313959%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 80.85kcal (4.04%), Fat: 3.69g (5.68%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 9.85g (3.58%), Sugar: 7.07g (7.86%), Cholesterol: 0mg (0%), Sodium: 1036mg (45.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Vitamin A: 9863IU (197.26%), Vitamin K: 10.52µg (10.02%), Fiber: 2.43g (9.73%), Manganese: 0.14mg (6.91%), Vitamin C: 5.63mg (6.83%), Potassium: 233.81mg (6.68%), Vitamin E: 0.93mg (6.19%), Vitamin B6: 0.11mg (5.58%), Folate: 13.87µg (3.47%), Vitamin B1: 0.05mg (3.07%), Vitamin B3: 0.6mg (3%), Phosphorus: 26.85mg (2.69%), Magnesium: 10.02mg (2.5%), Calcium: 24.26mg (2.43%), Vitamin B2: 0.04mg (2.41%), Copper: 0.04mg (2.1%), Vitamin B5: 0.19mg (1.94%), Iron: 0.32mg (1.79%), Zinc: 0.18mg (1.18%)