



Carrot & Coriander Root Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



19 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon cilantro leaves minced
- ☐ 1 bunch coriander roots with 1-inch stem attached, roughly chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 clove garlic peeled chopped
- ☐ 1 pinch kosher salt & pepper black
- ☐ 4 cup vegetable stock
- ☐ 1 teaspoon coriander seeds whole

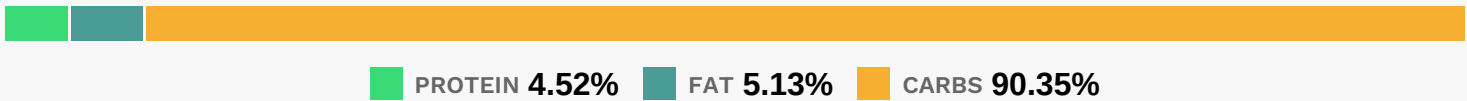
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Set a large heavy bottomed or cast iron Dutch oven over medium-high heat.
- ☐ Add the coriander seeds and toast until fragrant, about 1 to 2 minutes.
- ☐ Add the olive oil the the pot and stir to coat the seeds.
- ☐ Add the onion, coriander roots, and garlic. Cook stirring often until well softened, about 6 minutes.
- ☐ Add the carrots and celery. Cook stirring often until the vegetables are beginning to color, about 8 more minutes. Deglaze the pan with the wine.
- ☐ Add the stock and allow to come to a boil, then lower heat to a simmer. Cook uncovered until the carrots are very soft, about 10 minutes.
- ☐ Remove from heat and use an immersion blender to roughly puree the soup to your liking. You may need to adjust the consistency with a bit of water. Season with salt and pepper. Return to heat and re-warm the soup if necessary.
- ☐ Garnish with cilantro and serve warm.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.04, Inflammation Score:-3, Nutrition Score:1.0126086888106%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 18.84kcal (0.94%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 634.56mg (27.59%), Alcohol: 1.03g (100%), Alcohol %: 0.77% (100%), Protein: 0.14g (0.28%), Vitamin A: 428.26IU (8.57%), Vitamin K: 4.4µg (4.19%), Manganese: 0.04mg (2.04%)