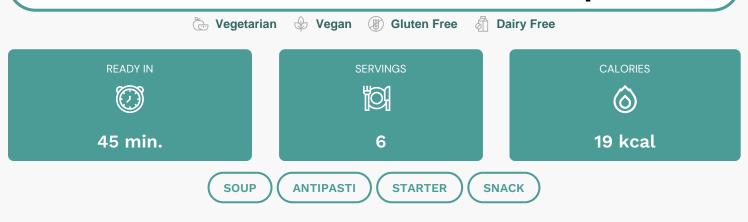


# **Carrot & Coriander Root Soup**



### Ingredients

Trablespoon cliantro leaves minced	
1 bunch coriander roots with 1-inch stem attached, roughly cho	opped
O.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	
Di	rections	
	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		
	PROTEIN 4.52% FAT 5.13% CARBS 90.35%	

#### **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: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 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

### Nutrients (% of daily need)

Calories: 18.84kcal (0.94%), Fat: 0.07g (0.11%), Saturated Fat: Og (0.03%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.45g (1.61%), Cholesterol: Omg (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%)