



Carrot-Coriander Soup with Cilantro Cream

READY IN



46 min.

SERVINGS



4

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound carrots peeled cut into 1-inch slices
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon ground coriander divided
- ☐ 2 tablespoons juice of lime fresh divided
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 1 small onion chopped

☐ 0.1 teaspoon salt

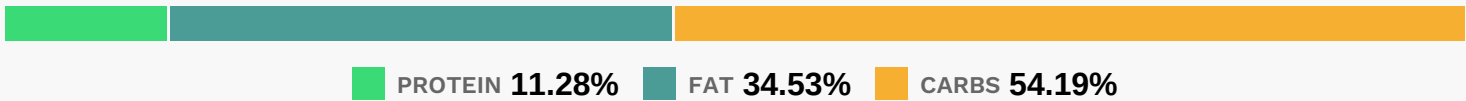
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and garlic; saut 5 minutes. Stir in 1 tablespoon coriander.
- ☐ Add chicken broth and carrot; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until carrot is tender.
- ☐ Let cool slightly.
- ☐ Transfer mixture in batches to a blender or food processor, and process 1 minute or until very smooth. Stir in 2 tablespoons lime juice and salt. Set aside.
- ☐ Combine sour cream, cilantro, remaining 1 teaspoon lime juice, and remaining 1/8 teaspoon coriander in a small bowl. Ladle soup into bowls, and top with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:4.1, Inflammation Score:-10, Nutrition Score:12.603043470694%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

0.07mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 107.66kcal (5.38%), Fat: 4.43g (6.82%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 11.59g (4.22%), Sugar: 6.63g (7.37%), Cholesterol: 5.03mg (1.68%), Sodium: 1092.91mg (47.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin A: 19002.42IU (380.05%), Fiber: 4.06g (16.24%), Vitamin K: 16.69µg (15.9%), Potassium: 518.18mg (14.81%), Vitamin C: 11.12mg (13.48%), Manganese: 0.26mg (13.02%), Vitamin B3: 2.46mg (12.3%), Vitamin B6: 0.23mg (11.69%), Phosphorus: 88.45mg (8.84%), Selenium: 6.19µg (8.84%), Vitamin B12: 0.51µg (8.57%), Calcium: 83.55mg (8.36%), Vitamin B2: 0.14mg (8.35%), Vitamin B1: 0.11mg (7.5%), Folate: 29.58µg (7.39%), Vitamin E: 1.1mg (7.36%), Vitamin B5: 0.62mg (6.22%), Copper: 0.12mg (6.11%), Magnesium: 24.19mg (6.05%), Iron: 0.95mg (5.3%), Zinc: 0.5mg (3.35%)