

Carrot Fennel Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound carrots quartered
- ☐ 2 medium fennel bulb with fronds
- ☐ 1 teaspoon fennel seeds
- ☐ 1 garlic clove
- ☐ 2.5 cups chicken broth reduced-sodium
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 medium onion quartered
- ☐ 0.5 teaspoon sugar

☐ 2.5 cups water

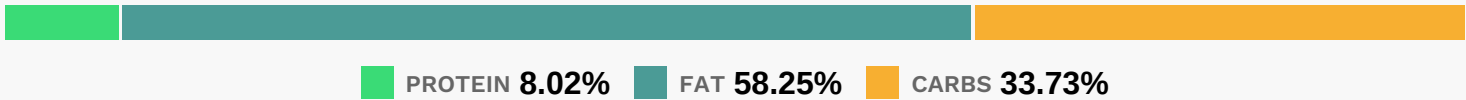
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 450°F with rack in lowest position.
- ☐ Chop enough fennel fronds to measure 1 tablespoon and reserve. Discard stalks and remaining fronds. Slice bulbs 1/4 inch thick and toss with carrots, onion, garlic, 3 tablespoons oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Spread in a 4-sided sheet pan and roast, stirring occasionally, until browned and tender, 25 to 30 minutes.
- ☐ Blend half of vegetables in a blender with broth until very smooth.
- ☐ Transfer to a medium saucepan. Repeat with remaining vegetables and water. Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper.
- ☐ Meanwhile, finely grind fennel seeds in grinder and stir into remaining 2 tablespoons oil. 3
- ☐ Serve soup drizzled with fennel oil and sprinkled with reserved fronds.
- ☐ •Soup can be made 1 day ahead and chilled. •Fennel oil can be made 2 days ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.49, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:15.08173903175%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 184.55kcal (9.23%), Fat: 12.67g (19.49%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 11.51g (4.19%), Sugar: 7.89g (8.77%), Cholesterol: 0mg (0%), Sodium: 128.5mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Vitamin A: 12734.9IU (254.7%), Vitamin K: 66.07µg (62.92%), Fiber: 4.99g (19.96%), Potassium: 683.94mg (19.54%), Vitamin C: 15.4mg (18.67%), Vitamin E: 2.64mg (17.57%), Manganese: 0.31mg (15.54%), Vitamin B3: 2.63mg (13.17%), Phosphorus: 102.66mg (10.27%), Folate: 38.92µg (9.73%), Vitamin B6: 0.18mg (9.03%), Copper: 0.16mg (8.18%), Calcium: 79.29mg (7.93%), Magnesium: 27.54mg (6.89%), Iron: 1.18mg (6.54%), Vitamin B2: 0.1mg (6.18%), Vitamin B1: 0.07mg (4.57%), Vitamin B5: 0.41mg (4.13%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.1µg (1.64%), Selenium: 0.79µg (1.12%)