



Carrot-Ginger Soup

 Vegetarian  Gluten Free

READY IN



62 min.

SERVINGS



12

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 pounds carrots diced
- 0.3 teaspoon curry powder
- 1 cup wine dry white
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons ginger fresh peeled finely chopped
- 2 garlic clove finely minced
- 2 teaspoons juice of lime fresh

- 3 tablespoons olive oil
- 1 cup onion chopped
- 3 tablespoons butter unsalted
- 7 cups vegetable stock fat-free

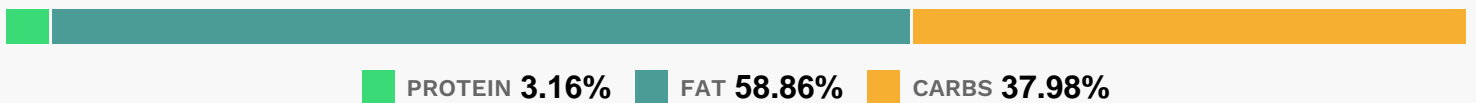
Equipment

- bowl
- frying pan
- sauce pan
- ladle
- blender

Directions

- Heat a large saucepan over medium heat. Melt butter with olive oil in pan; cook 2 minutes or until butter melts.
- Add onion, ginger, and garlic. Cook 10 minutes or until onion is soft, stirring occasionally.
- Stir in broth, carrot, and wine. Bring to a boil; reduce heat and simmer, uncovered, for 45 minutes.
- Place half of carrot mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour into a bowl. Repeat procedure with remaining carrot mixture. Stir in lime juice, curry powder, and pepper. Ladle about 2/3 cup soup into each of 12 bowls.
- Sprinkle evenly with cilantro.

Nutrition Facts



Properties

Glycemic Index:20.65, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:7.6917391629971%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 110.01kcal (5.5%), Fat: 6.51g (10.01%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.57g (2.75%), Sugar: 4.65g (5.17%), Cholesterol: 7.53mg (2.51%), Sodium: 589.76mg (25.64%), Alcohol: 2.06g (100%), Alcohol %: 1.1% (100%), Protein: 0.79g (1.57%), Vitamin A: 9857.46IU (197.15%), Vitamin K: 10.3µg (9.81%), Fiber: 1.88g (7.51%), Manganese: 0.14mg (7.02%), Vitamin E: 0.98mg (6.52%), Potassium: 225.34mg (6.44%), Vitamin C: 4.82mg (5.84%), Vitamin B6: 0.11mg (5.67%), Folate: 13.95µg (3.49%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.61mg (3.06%), Phosphorus: 29.67mg (2.97%), Magnesium: 11.1mg (2.77%), Calcium: 26.09mg (2.61%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.19mg (1.91%), Copper: 0.04mg (1.87%), Iron: 0.31mg (1.7%), Zinc: 0.2mg (1.33%)