



Carrot-Ginger Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds carrots trimmed sliced (15 to 18 medium carrots)
- ☐ 1 piece ginger fresh peeled chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 cup heavy cream
- ☐ 1 juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper

☐ 6 cups vegetable broth low-sodium

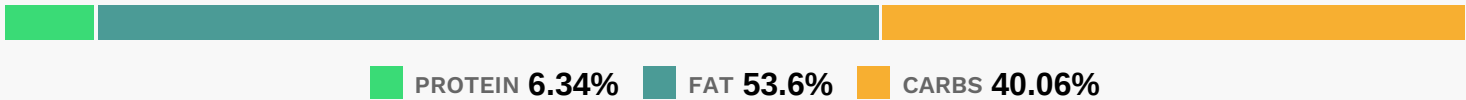
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Warm oil in a large saucepan over medium-high heat.
- ☐ Add onion and cook, stirring often, until softened but not browned, 3 to 5 minutes.
- ☐ Add garlic and ginger and saut 1 minute longer.
- ☐ Add carrots, pour in broth and season with a pinch of salt. Increase heat to high and bring to a boil. Reduce heat to medium and cook, partially covered, stirring occasionally, until carrots are very tender, 25 to 30 minutes.
- ☐ Remove from heat and let cool slightly.
- ☐ Working in batches, puree soup in a blender. Return soup to pot and bring to a simmer. Stir in lime juice and cream and season with salt and pepper. Do not boil. Thin with additional broth or water if soup is too thick.
- ☐ Let cool, cover and refrigerate until ready to use. Ladle into a thermos cold, or, to serve warm, rewarm over medium-low heat, stirring often, before ladling into thermos.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:12.299565185671%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg,

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 195.94kcal (9.8%), Fat: 12.22g (18.8%), Saturated Fat: 5.26g (32.91%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 14.95g (5.44%), Sugar: 9.64g (10.71%), Cholesterol: 22.41mg (7.47%), Sodium: 304.63mg (13.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Vitamin A: 25553.51IU (511.07%), Fiber: 5.61g (22.43%), Vitamin K: 23.52µg (22.4%), Potassium: 542.22mg (15.49%), Vitamin C: 12.11mg (14.68%), Manganese: 0.25mg (12.62%), Vitamin E: 1.87mg (12.47%), Vitamin B6: 0.25mg (12.38%), Folate: 33.65µg (8.41%), Vitamin B2: 0.13mg (7.74%), Vitamin B3: 1.54mg (7.7%), Vitamin B1: 0.11mg (7.65%), Phosphorus: 71.6mg (7.16%), Calcium: 69.16mg (6.92%), Magnesium: 22.4mg (5.6%), Vitamin B5: 0.5mg (4.97%), Copper: 0.08mg (4.15%), Iron: 0.56mg (3.11%), Zinc: 0.46mg (3.04%), Vitamin D: 0.32µg (2.12%), Selenium: 0.92µg (1.32%)