



Carrot-Ginger Soup with Chile Butter and Roasted Peanuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 1.5 pounds carrots peeled cut into 1/4-inch-thick rounds
- ☐ 5 cups vegetable stock ()
- ☐ 2.5 tablespoons ginger fresh minced peeled
- ☐ 2 tablespoons spring onion finely chopped (white and green parts only)
- ☐ 1.3 cups onion chopped
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 6 tablespoons roasted peanuts unsalted finely chopped
- ☐ 5 ounce potatoes peeled chopped

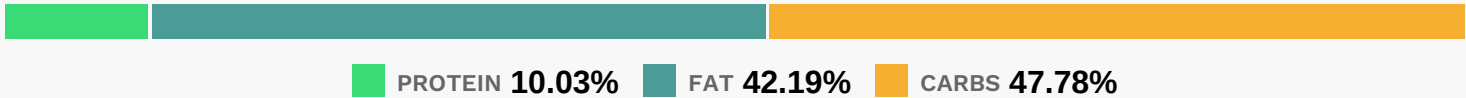
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Mix all ingredients insmall bowl. Cover and chill. Bring to roomtemperature before using.
- ☐ Melt 2 tablespoons butter in largepot over medium-high heat.
- ☐ Add carrots,onion, potato, and ginger; sprinkle withsalt and sauté until vegetables are slightlysoftened but not brown, stirring often, about10 minutes.
- ☐ Add 5 cups broth; bring to boil.Reduce heat and simmer until vegetablesare soft, about 20 minutes. Cool slightly, thenpuree in batches in blender until smooth.Return soup to same pot; if desired, add morebroth by 1/4 cupfuls to thin soup. Bring tosimmer. Season with salt and black pepper.
- ☐ Ladle soup into bowls. Top with smallspoonful of chile butter; sprinkle with nuts.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:49.93, Glycemic Load:8.54, Inflammation Score:-10, Nutrition Score:13.638260856919%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 182.38kcal (9.12%), Fat: 9.05g (13.93%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 17.77g (6.46%), Sugar: 8.74g (9.71%), Cholesterol: 10.03mg (3.34%), Sodium: 939.7mg (40.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin A: 19523.82IU (390.48%), Manganese: 0.49mg (24.41%), Fiber: 5.29g (21.16%), Vitamin K: 20.11µg (19.15%), Potassium: 608.97mg (17.4%), Vitamin C: 14.33mg (17.37%), Vitamin B6: 0.3mg (14.98%), Vitamin B3: 2.94mg (14.7%), Folate: 46.02µg (11.51%), Phosphorus: 104.62mg (10.46%), Magnesium: 41.05mg (10.26%), Vitamin B1: 0.14mg (9.54%), Copper: 0.16mg (8.24%), Calcium: 61.22mg (6.12%), Vitamin E: 0.92mg (6.11%), Vitamin B5: 0.57mg (5.73%), Vitamin B2: 0.1mg (5.63%), Iron: 0.88mg (4.92%), Zinc: 0.62mg (4.15%), Selenium: 1.2µg (1.71%)