



Carrot-Ginger Soup with Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups carrot juice
- 1 pound carrots frozen thawed chopped
- 0.5 cup cornstarch
- 2 teaspoons curry powder
- 1 pound extra-firm tofu
- 2 inch ginger grated peeled
- 4 servings kosher salt and pepper freshly ground
- 1 small onion roughly chopped

- 1 star anise pod or
- 0.5 cup vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- ladle
- pot
- blender
- immersion blender

Directions

- Heat 2 tablespoons vegetable oil in a large pot over medium heat.
- Add the carrots, onion and ginger and cook until the vegetables are just soft, about 5 minutes. Season with salt and pepper.
- Add the star anise, carrot juice and 3 cups water, then cover and boil until the vegetables are tender, about 20 minutes.
- Meanwhile, cut the tofu into 1-inch cubes.
- Mix the cornstarch and curry powder on a shallow plate and season with salt. Pat the tofu dry and roll it in the cornstarch mixture.
- Heat the remaining 6 tablespoons oil in a large skillet over high heat.
- Add the tofu and fry, turning, until golden and crisp on all sides, about 5 minutes.
- Drain on paper towels and season with salt.
- Discard the star anise.
- Transfer the soup to a blender and puree in batches, or puree directly in the pot with an immersion blender. Thin with water, if needed, and season with salt and pepper. Ladle into bowls and top with the fried tofu.
- Garnish with cilantro, if desired.
- Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN 15.97% FAT 31.37% CARBS 52.66%

Properties

Glycemic Index:39.21, Glycemic Load:8.62, Inflammation Score:-10, Nutrition Score:16.732608753702%

Flavonoids

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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 311.98kcal (15.6%), Fat: 11.12g (17.11%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 41.99g (14%), Net Carbohydrates: 36.08g (13.12%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 357.61mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Vitamin A: 41521.59IU (830.43%), Vitamin K: 44.35µg (42.24%), Fiber: 5.91g (23.63%), Vitamin B6: 0.45mg (22.61%), Vitamin C: 18.36mg (22.25%), Potassium: 767.06mg (21.92%), Calcium: 218.91mg (21.89%), Manganese: 0.4mg (20.19%), Vitamin E: 2.8mg (18.64%), Iron: 2.77mg (15.38%), Vitamin B1: 0.2mg (13.05%), Phosphorus: 102.18mg (10.22%), Magnesium: 36.83mg (9.21%), Vitamin B3: 1.66mg (8.3%), Vitamin B2: 0.14mg (8.24%), Folate: 31.54µg (7.89%), Copper: 0.14mg (6.93%), Vitamin B5: 0.61mg (6.09%), Zinc: 0.59mg (3.93%), Selenium: 1.57µg (2.24%)