



Carrot Habanero Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound carrots chopped
- 0.3 cup wine dry white
- 1 tablespoon ginger fresh minced peeled
- 1 garlic clove minced
- 0.5 teaspoon ground coriander
- 1 scotch bonnet peppers whole
- 1 tablespoon honey
- 1 cup leek thinly sliced (1 large)

- 5 tablespoons yogurt plain low-fat
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.3 cup orange juice fresh
- 0.5 teaspoon salt
- 1 cup sweet potatoes and into peeled chopped
- 3.5 cups water

Equipment

- bowl
- frying pan
- ladle
- knife
- sieve
- blender
- dutch oven

Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add leek, onion, and carrots; saut 7 minutes or until tender. Pierce habanero several times with a knife.
- Add habanero, ginger, and garlic to pan; saut 2 minutes. Stir in wine, scraping pan to loosen browned bits.
- Add water and sweet potato; bring to a boil. Partially cover, reduce heat, and simmer 30 minutes or until tender. Stir in orange juice and coriander.
- Remove and discard habanero.
- Place half of carrot mixture in a blender; process until smooth.
- Pour pureed mixture into a medium bowl; repeat procedure with remaining carrot mixture. Press carrot mixture, in batches, through a large fine sieve into pan; discard solids. Stir honey and salt into carrot mixture; cook over medium heat 5 minutes or until thoroughly heated.

Ladle into bowls; top with low-fat yogurt.

Garnish with cilantro leaves, if desired.

Nutrition Facts

PROTEIN 8.27% **FAT 21.76%** **CARBS 69.97%**

Properties

Glycemic Index:74.62, Glycemic Load:9.22, Inflammation Score:-10, Nutrition Score:13.235652182413%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 146.28kcal (7.31%), Fat: 3.49g (5.37%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 21.15g (7.69%), Sugar: 12.93g (14.37%), Cholesterol: 1.2mg (0.4%), Sodium: 337.74mg (14.68%), Alcohol: 1.24g (100%), Alcohol %: 0.42% (100%), Protein: 2.99g (5.98%), Vitamin A: 19280.31IU (385.61%), Vitamin C: 18.86mg (22.87%), Vitamin K: 22.96µg (21.87%), Manganese: 0.35mg (17.3%), Fiber: 4.12g (16.47%), Potassium: 534.91mg (15.28%), Vitamin B6: 0.28mg (14.15%), Folate: 41.35µg (10.34%), Calcium: 99.54mg (9.95%), Phosphorus: 91.43mg (9.14%), Vitamin E: 1.27mg (8.45%), Magnesium: 33.7mg (8.43%), Vitamin B1: 0.12mg (8.18%), Vitamin B2: 0.13mg (7.76%), Copper: 0.15mg (7.74%), Vitamin B5: 0.67mg (6.66%), Vitamin B3: 1.26mg (6.32%), Iron: 1.02mg (5.68%), Zinc: 0.6mg (3.98%), Selenium: 1.38µg (1.98%), Vitamin B12: 0.11µg (1.87%)