



Carrot Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 pound butter
- 3 pounds carrots chopped
- 6 cups chicken stock see
- 2 tablespoons dill dried
- 3 cloves garlic chopped
- 1.5 teaspoons salt

Equipment

- pot

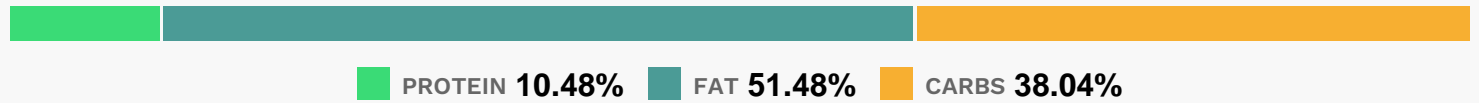
blender

Directions

In a medium sized stock pot, over high heat, combine the chicken stock, carrots, garlic, dill weed, salt and butter. Bring to a boil, reduce heat and simmer for 30 minutes or until carrots are soft.

In a blender, puree the soup, return to stock pot and simmer for an additional 30 to 45 minutes. Season with additional dill or garlic if needed.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:7.35, Inflammation Score:-10, Nutrition Score:18.356521774893%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 319.66kcal (15.98%), Fat: 18.8g (28.93%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 24.75g (9%), Sugar: 14.57g (16.19%), Cholesterol: 47.83mg (15.94%), Sodium: 1204.92mg (52.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.23%), Vitamin A: 38426.71IU (768.53%), Vitamin B3: 6.07mg (30.34%), Vitamin K: 31.77µg (30.25%), Potassium: 1021.5mg (29.19%), Fiber: 6.52g (26.07%), Vitamin B6: 0.5mg (24.78%), Vitamin B2: 0.35mg (20.38%), Manganese: 0.39mg (19.52%), Vitamin C: 14.83mg (17.97%), Vitamin B1: 0.24mg (16.12%), Phosphorus: 156.44mg (15.64%), Folate: 55.7µg (13.93%), Vitamin E: 2.01mg (13.39%), Copper: 0.24mg (12.07%), Calcium: 107.49mg (10.75%), Magnesium: 42.09mg (10.52%), Iron: 1.71mg (9.48%), Selenium: 5.91µg (8.44%), Vitamin B5: 0.65mg (6.49%), Zinc: 0.95mg (6.33%)