

Carrot Soup

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



151 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2.5 cups carrots sliced
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon ground pepper
- ☐ 4 servings ground pepper black to taste
- ☐ 1 cup half-and-half

- ☐ 4 servings salt to taste
- ☐ 1.5 cups vegetable broth

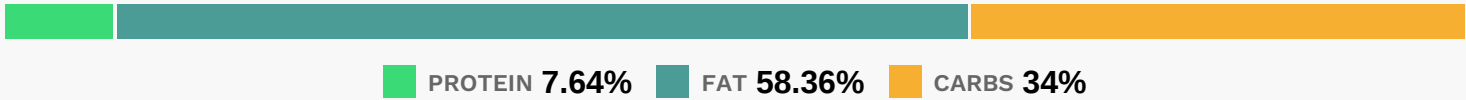
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Steam carrots until tender.
- ☐ In a blender or food processor, combine cooked carrots and 3/4 cup broth. Blend until smooth. Set aside.
- ☐ In a medium saucepan, melt butter over medium heat. Stir in flour, parsley, basil, and ground red pepper.
- ☐ Add half-and-half cream all at once. Cook and stir until slightly thickened and bubbly. Stir in carrot mixture and remaining broth. Season with salt and black pepper. Thin with milk or water if needed.

Nutrition Facts



Properties

Glycemic Index:95.71, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:10.815652132034%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 150.7kcal (7.53%), Fat: 10.11g (15.55%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 10.76g (3.91%), Sugar: 7.11g (7.9%), Cholesterol: 28.7mg (9.57%), Sodium: 661.69mg (28.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.95%), Vitamin A: 14173.35IU (283.47%), Vitamin K:

30.64µg (29.18%), Vitamin B2: 0.18mg (10.61%), Potassium: 357.16mg (10.2%), Fiber: 2.49g (9.97%), Calcium: 95.82mg (9.58%), Phosphorus: 90.82mg (9.08%), Vitamin C: 7.07mg (8.57%), Manganese: 0.16mg (7.92%), Vitamin B6: 0.16mg (7.79%), Vitamin E: 0.92mg (6.16%), Vitamin B1: 0.09mg (5.91%), Folate: 22.96µg (5.74%), Vitamin B3: 1.03mg (5.13%), Magnesium: 17.89mg (4.47%), Vitamin B5: 0.41mg (4.12%), Selenium: 2.74µg (3.91%), Zinc: 0.47mg (3.15%), Iron: 0.49mg (2.7%), Copper: 0.05mg (2.55%), Vitamin B12: 0.12µg (2.02%)