



Carrot Soup 'a la Louise

 Gluten Free

READY IN



65 min.

SERVINGS



10

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 carrots sliced
- ☐ 6 cups chicken stock see
- ☐ 3 tablespoons cornstarch
- ☐ 1 pinch dill weed dried
- ☐ 1 pinch marjoram dried
- ☐ 1 pinch parsley dried
- ☐ 1 pinch thyme leaves dried
- ☐ 2 cloves garlic minced

- ☐ 10 servings ground pepper black to taste
- ☐ 0.5 cup heavy whipping cream
- ☐ 4 tablespoons butter
- ☐ 1 onion chopped
- ☐ 10 servings salt to taste

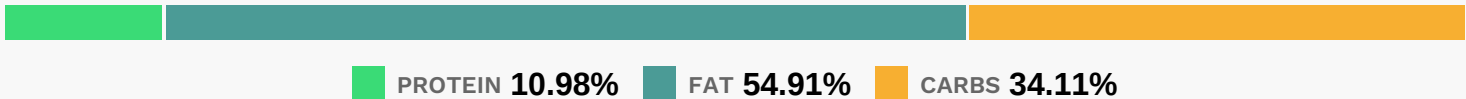
Equipment

- ☐ dutch oven

Directions

- ☐ In a large Dutch oven, heat the margarine, add the onion and the garlic, and saute until light golden.
- ☐ Pour in the chicken stock and add the carrots. Then stir in the dill, marjoram, thyme, parsley and salt and pepper to taste. Reduce heat to low and let simmer until carrots are to desired tenderness.
- ☐ Mix cornstarch with small amount of cold water to dissolve.
- ☐ Add the diluted cornstarch and stir well.
- ☐ Add the cream and let simmer another 15 minutes (do not boil). Bon Appetit!

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:10.203043425861%

Flavonoids

Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 173.13kcal (8.66%), Fat: 10.72g (16.48%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 12.93g (4.7%), Sugar: 6g (6.67%), Cholesterol: 17.77mg (5.92%), Sodium: 499.35mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin A: 10587.66IU (211.75%), Vitamin B3: 2.92mg (14.6%), Vitamin B2: 0.19mg (11.12%), Potassium: 387.64mg (11.08%), Vitamin K: 11.26µg (10.73%), Vitamin B6: 0.2mg (10.08%), Fiber: 2.04g (8.17%), Phosphorus: 74.32mg (7.43%), Manganese: 0.15mg (7.34%), Vitamin B1: 0.1mg (6.73%), Vitamin C: 5.21mg (6.31%), Copper: 0.12mg (5.89%), Folate: 21.96µg (5.49%), Selenium: 3.82µg (5.45%), Vitamin E: 0.74mg (4.96%), Calcium: 43.5mg (4.35%), Magnesium: 16.82mg (4.2%), Iron: 0.73mg (4.06%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.22mg (2.21%), Vitamin D: 0.19µg (1.27%)