



Carrot Soup Indienne I

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



81 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 carrots chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 celery with leaves chopped
- ☐ 0.3 teaspoon chili powder
- ☐ 3 teaspoons curry powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 large onion chopped

- ☐ 6 tablespoons potato flakes dry
- ☐ 2 potatoes cubed peeled
- ☐ 0.3 cup soya sauce
- ☐ 8 cups water
- ☐ 2.5 cups milk whole

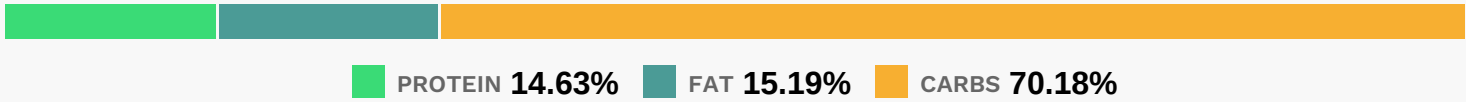
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In a large cooking pot, bring water to a boil.
- ☐ Add carrots, potatoes, celery and onion; return to boil. Reduce heat, cover, and simmer for about 30 minutes, or until carrots are tender.
- ☐ Remove soup from heat, and let cool for about 5 minutes. Puree in blender or food processor in batches until smooth. Return pureed soup back to pot.
- ☐ Add soy sauce, cumin, cayenne pepper, chili powder, garlic powder, curry powder; stir well.
- ☐ Add whole milk, stirring constantly. Stir in potato flakes. Bring to a boil. Reduce heat, and simmer for 5 minutes, stirring occasionally. Adjust seasonings to taste.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:18.1, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:8.9234782198201%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg

Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 81.04kcal (4.05%), Fat: 1.42g (2.18%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 12.67g (4.61%), Sugar: 3.89g (4.32%), Cholesterol: 4.57mg (1.52%), Sodium: 253.22mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin A: 3944.63IU (78.89%), Vitamin C: 12.08mg (14.65%), Vitamin B6: 0.21mg (10.28%), Potassium: 352.38mg (10.07%), Fiber: 2.05g (8.21%), Phosphorus: 81.41mg (8.14%), Vitamin B1: 0.12mg (8.14%), Calcium: 70.83mg (7.08%), Manganese: 0.14mg (7.03%), Vitamin K: 6.79µg (6.47%), Magnesium: 22.7mg (5.67%), Vitamin B2: 0.09mg (5.57%), Vitamin B3: 1.09mg (5.46%), Vitamin B5: 0.44mg (4.43%), Folate: 16.94µg (4.23%), Copper: 0.08mg (4.12%), Vitamin B12: 0.21µg (3.43%), Iron: 0.61mg (3.37%), Vitamin D: 0.42µg (2.8%), Zinc: 0.4mg (2.67%), Selenium: 1.76µg (2.52%), Vitamin E: 0.3mg (2.01%)