



Carrot Soup Indienne II

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



91 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 large carrots chopped
- ☐ 3 stalks celery with leaves chopped
- ☐ 0.3 teaspoon chili powder
- ☐ 3 tablespoons dill weed fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 onion chopped

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

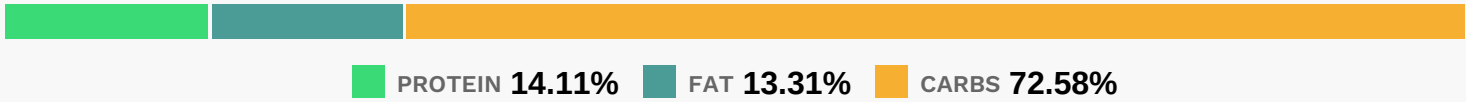
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot, add water and bring to a boil.
- ☐ Add carrots, potatoes, celery, and onion, and return to boil. Reduce heat, cover and simmer for 1/2 hour or until carrots are tender.
- ☐ Remove from heat and let cool for about 5 minutes.
- ☐ Puree soup in blender or food processor in batches until smooth.
- ☐ Return pureed soup to pot, add soy sauce, cumin, cayenne pepper, chili powder, garlic powder, dill, milk, and potato flakes and return to boil. Reduce heat and cook for 5 minutes, stirring occasionally. Adjust seasonings to taste.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:18.72, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:10.103913125785%

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: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg

Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 90.79kcal (4.54%), Fat: 1.38g (2.13%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 14.7g (5.35%), Sugar: 4.07g (4.52%), Cholesterol: 4.57mg (1.52%), Sodium: 256.61mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin A: 4636.06IU (92.72%), Vitamin C: 14.78mg (17.92%), Vitamin B6: 0.24mg (12.17%), Potassium: 412.74mg (11.79%), Fiber: 2.29g (9.18%), Vitamin B1: 0.13mg (8.89%), Phosphorus: 88.46mg (8.85%), Manganese: 0.15mg (7.42%), Calcium: 71.58mg (7.16%), Vitamin K: 7.2µg (6.86%), Vitamin B3: 1.26mg (6.29%), Magnesium: 25.09mg (6.27%), Vitamin B2: 0.1mg (5.87%), Vitamin B5: 0.49mg (4.91%), Copper: 0.09mg (4.74%), Folate: 18.91µg (4.73%), Vitamin B12: 0.21µg (3.43%), Iron: 0.61mg (3.4%), Zinc: 0.43mg (2.87%), Vitamin D: 0.42µg (2.8%), Selenium: 1.73µg (2.47%), Vitamin E: 0.25mg (1.65%)