



## Carrot Soup Shots

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



11 kcal

SOUP

### Ingredients

- 2 cups carrots frozen sliced
- 2 tablespoons water
- 1.5 teaspoons butter unsalted
- 2 tablespoons shallots chopped (1 medium)
- 2 cups vegetable stock
- 1 serving crème fraîche sour

### Equipment

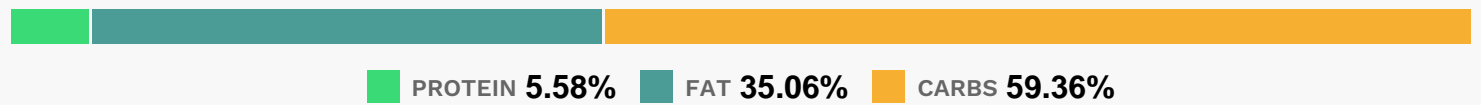
- bowl

- sauce pan
- blender
- plastic wrap
- microwave

## Directions

- In medium microwavable bowl, place carrots and water. Cover tightly with microwavable plastic wrap. Microwave on High 5 minutes or until carrots are tender. Cool slightly.
- Meanwhile, in 2-quart saucepan, melt butter over medium-high heat. Cook shallot in butter 3 minutes, stirring frequently, just until tender.
- In blender, place shallot, half of cooked carrots and 1 cup of the broth. Cover; blend on high speed until smooth.
- Pour into large bowl. Repeat with remaining carrots and broth. Stir to blend.
- Serve soup, warm or chilled, in shot glasses; garnish with dollop of crème fraîche.

## Nutrition Facts



## Properties

Glycemic Index:6.09, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:2.5117390731593%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 11.02kcal (0.55%), Fat: 0.45g (0.7%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.91g (1.01%), Cholesterol: 1.16mg (0.39%), Sodium: 103.25mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin A: 2201.57IU (44.03%), Vitamin K: 1.73µg (1.65%), Fiber: 0.39g (1.56%), Potassium: 45.14mg (1.29%), Manganese: 0.02mg (1.07%), Vitamin B6: 0.02mg (1.07%), Vitamin C: 0.84mg (1.02%)