

Carrot Soup Shots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



34 kcal

SOUP

Ingredients

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

Equipment

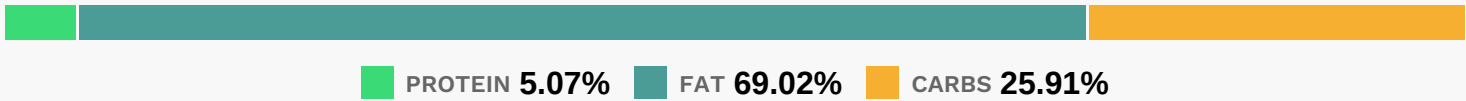
- ☐ bowl

- ☐ 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 crme frache.

Nutrition Facts



Properties

Glycemic Index:6.09, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:2.8730435024785%

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: 33.59kcal (1.68%), Fat: 2.66g (4.1%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.86g (0.68%), Sugar: 1.29g (1.44%), Cholesterol: 7.89mg (2.63%), Sodium: 106.79mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin A: 2272.59IU (45.45%), Vitamin K: 1.9µg (1.81%), Potassium: 59.39mg (1.7%), Calcium: 16.85mg (1.68%), Vitamin B2: 0.03mg (1.64%), Fiber: 0.39g (1.56%), Phosphorus: 14.29mg (1.43%), Vitamin B6: 0.03mg (1.3%), Vitamin C: 0.94mg (1.14%), Manganese: 0.02mg (1.13%)