



Carrot Soup (Sopa de Zanahoria)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 carrots peeled cut into small chunks
- ☐ 1 teaspoon cumin powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup onion chopped
- ☐ 6 servings salt and pepper
- ☐ 1 vegetable bouillon
- ☐ 2 tablespoons vegetable oil

- ☐ 5.5 cups water
- ☐ 1 large potatoes white peeled cut into small chunks

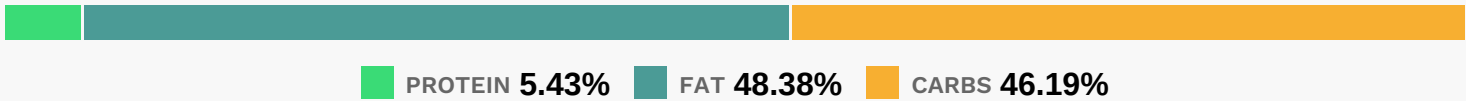
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Heat the oil in a large pot over medium heat.
- ☐ Add the onion and carrots and cook for 5 minutes, stirring occasionally.
- ☐ Add the garlic and cumin and cook stirring for about 1 minute.
- ☐ Add the water, chicken or vegetable bouillon,potatoes, salt and pepper to your taste.Bring to a boil, reduce the heat to medium low and cook until the vegetables are tender about 30 minutes.
- ☐ Add the cilantro and transfer the soup to a blender and pureé until smooth working in batches if necessary.Return the soup to the pot and cook over medium low heat, stirring once and season to taste.Laddle the soup into bowls and garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:44.93, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:8.7973913161651%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 85.18kcal (4.26%), Fat: 4.75g (7.31%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 8.2g (2.98%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 236.76mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin A: 6889.17IU (137.78%), Vitamin K: 18.45µg (17.57%), Vitamin C: 9.34mg (11.32%), Vitamin B6: 0.17mg (8.31%), Fiber: 2.01g (8.03%), Potassium: 279.35mg (7.98%), Manganese: 0.15mg (7.35%), Copper: 0.1mg (4.8%), Vitamin E: 0.69mg (4.59%), Magnesium: 16.28mg (4.07%), Vitamin B1: 0.06mg (3.91%), Vitamin B3: 0.75mg (3.73%), Folate: 14.84µg (3.71%), Phosphorus: 36.79mg (3.68%), Iron: 0.63mg (3.48%), Calcium: 31.3mg (3.13%), Vitamin B2: 0.04mg (2.32%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.25mg (1.68%)