



Carrot Soup with Lime and Chiles



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound baby carrots peeled
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons chile peppers green chopped
- ☐ 0.5 cup brown rice instant
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion finely chopped
- ☐ 29 ounce reduced sodium chicken broth fat-free canned

- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

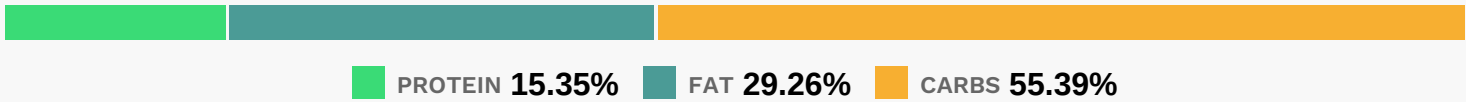
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add onion, and cook for a few minutes, then add the garlic, and saute for 1 more minutes.
- ☐ Add the carrots, rice, chicken broth, water and salt to the pan. Bring to a boil, then reduce heat and simmer, loosely covered for about 20 minutes, or until the carrots are tender. Stir in the green chilies and lime juice. Set aside to cool slightly.
- ☐ Puree the soup in small batches, in a blender or food processor. The best way to puree this soup is to place half of the solids into the food processor and add just enough of the broth to liquefy the carrots and rice.
- ☐ Add the rest of the solids, then stir the puree back into the remaining broth. Reheat if necessary.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:11.651304359021%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 145.66kcal (7.28%), Fat: 4.96g (7.63%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 18.32g (6.66%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 427.55mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Vitamin A: 7823.43IU (156.47%), Vitamin B3: 3.95mg (19.74%), Manganese: 0.27mg (13.35%), Folate: 52.79µg (13.2%), Fiber: 2.8g (11.18%), Potassium: 383.67mg (10.96%), Copper: 0.21mg (10.57%), Phosphorus: 104.44mg (10.44%), Iron: 1.75mg (9.7%), Vitamin C: 7.87mg (9.54%), Vitamin B1: 0.14mg (9.25%), Vitamin B6: 0.16mg (7.98%), Vitamin K: 7.67µg (7.3%), Selenium: 4.92µg (7.03%), Vitamin B2: 0.1mg (5.76%), Calcium: 43.11mg (4.31%), Zinc: 0.55mg (3.66%), Magnesium: 14.55mg (3.64%), Vitamin E: 0.53mg (3.56%), Vitamin B12: 0.21µg (3.43%), Vitamin B5: 0.34mg (3.38%)