



Carrot Soup with Orange and Tarragon



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



134 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baby carrots peeled
- ☐ 1 tablespoon brandy
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 3 cups chicken broth
- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup orange juice
- ☐ 4 servings tarragon fresh

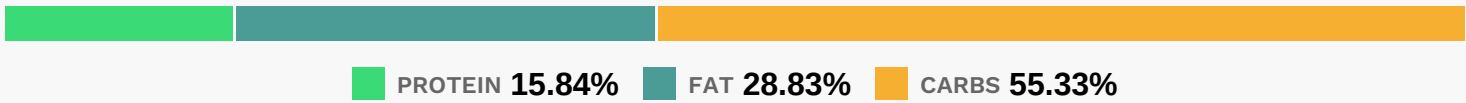
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add carrots and onion; sauté until onion is soft, about 8 minutes.
- ☐ Add broth; cover and bring to boil. Reduce heat, uncover, and simmer until carrots are tender, about 10 minutes.
- ☐ Working in batches, puree soup in blender until very smooth. Return soup to pot. Stir in orange juice, brandy, and chopped tarragon. Simmer 5 minutes for flavors to blend. Season to taste with salt and pepper.
- ☐ Garnish soup with tarragon sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:13.352608641853%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 133.62kcal (6.68%), Fat: 4.28g (6.59%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 14.49g (5.27%), Sugar: 9.51g (10.56%), Cholesterol: 7.53mg (2.51%), Sodium: 166.84mg (7.25%), Alcohol: 1.25g (100%), Alcohol %: 0.44% (100%), Protein: 5.3g (10.6%), Vitamin A: 15871.66IU (317.43%), Vitamin C: 21.67mg (26.26%), Manganese: 0.37mg (18.71%), Vitamin B3: 3.4mg (16.98%), Potassium: 588.09mg (16.8%), Fiber: 4.01g (16.03%), Folate: 51.2µg (12.8%), Copper: 0.24mg (12.17%), Iron: 2.15mg (11.97%), Vitamin B6: 0.23mg (11.68%),

Phosphorus: 106.07mg (10.61%), Vitamin K: 11.06µg (10.53%), Vitamin B2: 0.14mg (8.2%), Calcium: 77.3mg (7.73%),
Magnesium: 26.53mg (6.63%), Vitamin B5: 0.55mg (5.54%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.52mg (3.46%),
Vitamin B12: 0.18µg (3.05%), Selenium: 1.32µg (1.89%)