



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.

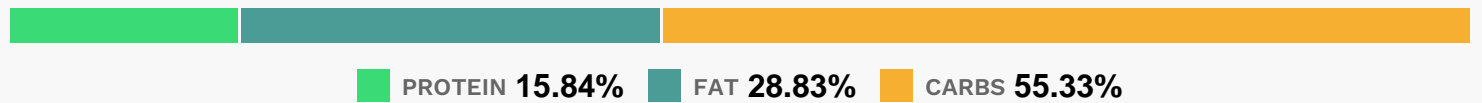
Add carrots and onion; sauté until onion is soft, about 8 minutes.

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%)