



Carrot Soup with Star Anise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pound baby carrots peeled
- ☐ 2 small bay leaves
- ☐ 3 tablespoons butter
- ☐ 1 large garlic clove chopped
- ☐ 4 cups chicken broth
- ☐ 1.5 cups onion chopped
- ☐ 6 large thyme sprigs fresh
- ☐ 5 star anise whole divided

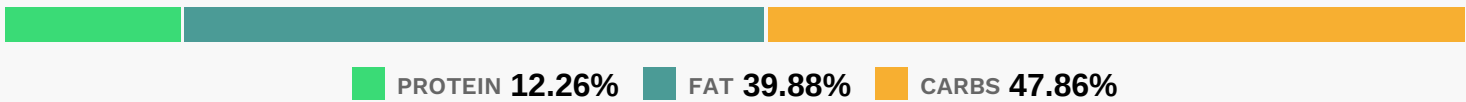
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in large pot over medium-high heat.
- ☐ Add onion, thyme, 3 star anise, bay leaves, and garlic. Sauté until onion softens, about 5 minutes.
- ☐ Add carrots and broth. Bring to boil. Cover, reduce heat to medium-low, and simmer until carrots are very tender, about 30 minutes.
- ☐ Remove and discard thyme sprigs, star anise, and bay leaves. Working in small batches, puree soup in blender until very smooth; return to same pot. Season with salt and pepper. (Can be made 1 day ahead. Cool slightly, cover, and chill. Rewarm over low heat before continuing.)
- ☐ Finely grind remaining star anise in spice mill or coffee grinder. Ladle soup into bowls.
- ☐ Sprinkle with ground star anise.
- ☐ *Brown, star-shaped seedpods; available at some supermarkets, Asian markets, and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:10.790869536607%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

6.1mg

Nutrients (% of daily need)

Calories: 111.71kcal (5.59%), Fat: 5.26g (8.09%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 10.19g (3.71%), Sugar: 6.83g (7.59%), Cholesterol: 11.29mg (3.76%), Sodium: 159.04mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin A: 15808.55IU (316.17%), Fiber: 4.01g (16.04%), Potassium: 430.5mg (12.3%), Manganese: 0.25mg (12.28%), Vitamin B3: 2.32mg (11.6%), Vitamin K: 11.15µg (10.62%), Copper: 0.2mg (9.82%), Iron: 1.7mg (9.44%), Folate: 36.93µg (9.23%), Vitamin B6: 0.18mg (8.94%), Phosphorus: 81.26mg (8.13%), Vitamin C: 6.63mg (8.04%), Calcium: 57.13mg (5.71%), Vitamin B2: 0.09mg (5.41%), Vitamin B5: 0.51mg (5.08%), Magnesium: 18.01mg (4.5%), Vitamin B1: 0.05mg (3.42%), Zinc: 0.42mg (2.79%), Vitamin B12: 0.13µg (2.12%), Selenium: 1.31µg (1.87%)