



WHATSheATE

Carrot Soup with Thyme and Fennel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 4 medium carrots peeled chopped
- ☐ 0.3 teaspoon fennel seeds
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.8 cup leek white green chopped (and pale parts only)
- ☐ 5 cups low-salt chicken broth canned ()
- ☐ 0.8 cup onion chopped

☐ 4 servings additional thyme fresh chopped

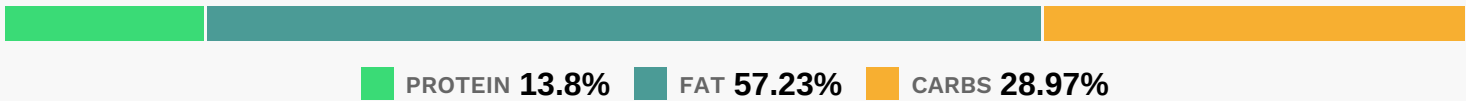
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Melt 1/4 cup butter in large saucepan over medium-low heat.
- ☐ Add carrots, onion, leek, garlic, 1/2 teaspoon thyme and fennel seeds; stir to coat. Cover; cook until onion is translucent, stirring occasionally, about 15 minutes.
- ☐ Add 5 cups broth. Bring to simmer. Cover partially; simmer until carrots are very tender, stirring occasionally, about 40 minutes. Cool slightly. Working in batches, purée soup in blender. Return to pan. Thin to desired consistency with more broth. Season with salt and pepper. (Can be made 1 day ahead. Cool slightly. Cover and chill.)
- ☐ Bring soup to simmer. Ladle into bowls.
- ☐ Sprinkle with additional thyme.

Nutrition Facts



Properties

Glycemic Index:68.96, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:12.445652194645%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 200.04kcal (10%), Fat: 13.55g (20.85%), Saturated Fat: 7.87g (49.17%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 12.66g (4.6%), Sugar: 5.22g (5.8%), Cholesterol: 30.5mg (10.17%), Sodium: 226.83mg (9.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.71%), Vitamin A: 10883.68IU (217.67%), Vitamin B3: 4.79mg (23.95%), Vitamin K: 17.03µg (16.22%), Potassium: 541.89mg (15.48%), Phosphorus: 132.02mg (13.2%), Manganese: 0.26mg (13.05%), Vitamin C: 10.32mg (12.51%), Copper: 0.22mg (11.12%), Fiber: 2.77g (11.1%), Vitamin B6: 0.21mg (10.63%), Vitamin B2: 0.15mg (8.81%), Iron: 1.49mg (8.25%), Folate: 29µg (7.25%), Calcium: 61.35mg (6.14%), Vitamin E: 0.89mg (5.95%), Vitamin B12: 0.32µg (5.32%), Magnesium: 21.08mg (5.27%), Vitamin B1: 0.07mg (4.59%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.26mg (2.56%), Selenium: 0.73µg (1.05%)