



Carrot Soup with Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound baby carrots peeled cut into 2-inch pieces
- 2 teaspoons sesame oil dark
- 2 cups less-sodium chicken broth fat-free
- 1 teaspoon ginger fresh grated peeled
- 8 mint sprigs fresh
- 0.5 cup yogurt plain 2% greek-style
- 0.3 cup shallots sliced (1 large)

Equipment

- bowl
- frying pan
- sauce pan
- blender

Directions

- Heat oil in a medium saucepan over medium heat.
- Add shallots to pan; cook 2 minutes or until almost tender, stirring occasionally.
- Add carrots; cook 4 minutes.
- Add broth; bring to a boil. Cover, reduce heat, and simmer 22 minutes or until tender.
- Add ginger; cook 8 minutes or until carrots are very tender. Cover and let stand 5 minutes at room temperature.
- Pour half of carrot mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour into a large bowl. Repeat procedure with remaining carrot mixture. Return pureed soup to pan; heat over medium heat 2 minutes or until heated.
- Spoon soup into small bowls, and top with plain yogurt and fresh mint sprigs.

Nutrition Facts



PROTEIN 11.82% **FAT 30.15%** **CARBS 58.03%**

Properties

Glycemic Index:8, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:7.8739130668666%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 48.29kcal (2.41%), Fat: 1.69g (2.6%), Saturated Fat: 0.48g (3%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.27g (1.92%), Sugar: 4.28g (4.75%), Cholesterol: 1.99mg (0.66%), Sodium: 284.9mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin A: 7876.83IU (157.54%), Fiber: 2.04g (8.18%), Manganese: 0.13mg (6.68%), Potassium: 214.79mg (6.14%), Vitamin B6: 0.11mg (5.4%), Folate: 21.47µg (5.37%), Vitamin K: 5.58µg (5.31%), Calcium: 45.06mg (4.51%), Phosphorus: 43.39mg (4.34%), Iron: 0.76mg (4.24%), Copper: 0.08mg (4.07%), Vitamin B5: 0.39mg (3.88%), Vitamin B2: 0.06mg (3.46%), Vitamin B3: 0.68mg (3.41%), Vitamin C: 2.67mg (3.24%), Selenium: 2.22µg (3.17%), Vitamin B12: 0.17µg (2.84%), Magnesium: 11.05mg (2.76%), Vitamin B1: 0.03mg (2.15%), Zinc: 0.25mg (1.66%)