



Carrot-Sweet Potato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound carrots peeled chopped
- ☐ 0.3 teaspoon cayenne
- ☐ 2 teaspoons curry powder
- ☐ 6 cups fat-skimmed chicken broth
- ☐ 1 tablespoon ginger fresh minced
- ☐ 15 oz garbanzos drained and rinsed canned
- ☐ 2 cloves garlic minced peeled
- ☐ 1 teaspoon ground cumin

- ☐ 3 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 6 servings salt and pepper
- ☐ 1 lb sweet potatoes and into peeled cut into 1-inch chunks

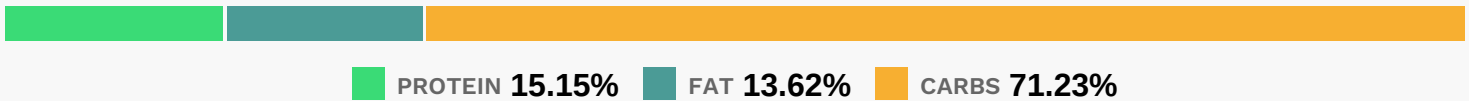
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Pour oil into a 4- to 6-quart pan over medium-high heat. When hot, add onion, garlic, and ginger; stir often until onion is limp, about 5 minutes.
- ☐ Add curry powder, cumin, and cayenne; cook until fragrant, about 1 minute.
- ☐ Add garbanzos, carrots, sweet potato, and broth; bring to a boil. Reduce heat to maintain a simmer, cover, and cook, stirring occasionally, until vegetables are tender when pierced, 30 minutes.
- ☐ Whirl in batches in a blender or food processor until smooth. Return to pan and stir in lemon juice and salt and pepper to taste.
- ☐ Heat until steaming, then ladle into bowls.

Nutrition Facts



Properties

Glycemic Index:40.76, Glycemic Load:14.45, Inflammation Score:-10, Nutrition Score:22.182608666627%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 255.98kcal (12.8%), Fat: 4.02g (6.19%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 36.61g (13.31%), Sugar: 12.34g (13.71%), Cholesterol: 0mg (0%), Sodium: 1223.79mg (53.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.15%), Vitamin A: 23420.63IU (468.41%), Manganese: 1.17mg (58.45%), Fiber: 10.76g (43.04%), Folate: 156.84µg (39.21%), Potassium: 860.77mg (24.59%), Copper: 0.47mg (23.56%), Vitamin B6: 0.47mg (23.34%), Phosphorus: 223.75mg (22.38%), Iron: 3.6mg (19.99%), Magnesium: 72.29mg (18.07%), Vitamin C: 13.43mg (16.28%), Vitamin B1: 0.23mg (15.5%), Vitamin K: 15.9µg (15.14%), Vitamin B3: 2.92mg (14.58%), Vitamin B5: 1.35mg (13.51%), Selenium: 8.63µg (12.33%), Vitamin B2: 0.2mg (11.7%), Zinc: 1.67mg (11.11%), Calcium: 109.12mg (10.91%), Vitamin E: 1.34mg (8.94%), Vitamin B12: 0.45µg (7.57%)