



Carrot-Thyme Soup with Cream

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 pounds carrot chunks
- 8 cups chicken stock see
- 2 sprigs thyme leaves fresh for garnish
- 0.5 cup heavy cream
- 0.3 cup honey
- 1 Dash salt and pepper

Equipment

- bowl

- sauce pan
- ladle
- pot
- blender
- immersion blender

Directions

- Watch how to make this recipe.
- Combine the carrots, stock and thyme in a pot. Bring to a boil, and then reduce the heat to low and simmer for 45 minutes to 1 hour.
- Remove from the heat and transfer the soup in two batches to a blender (or you may use an immersion blender). Puree the soup completely, and then stir in the honey and cream. Taste, and then add salt and pepper as needed. Use a little warm broth if the soup needs thinning.
- Serve while warm with a few thyme leaves on top.
- To freeze: Allow the soup to cool, ladle into freezer-proof quart or pint containers with lids and place in the freezer.
- Place the soup container in the refrigerator for 24 hours to slowly thaw, or place it in a bowl of cool water for 45 minutes to 1 hour.
- Heat the thawed soup in a sauce pan over medium-low heat until warmed through, about 15 minutes.

Nutrition Facts



■ PROTEIN 3.62% ■ FAT 29.07% ■ CARBS 67.31%

Properties

Glycemic Index:17.78, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:11.01478257257%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 165.05kcal (8.25%), Fat: 5.6g (8.61%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 24.15g (8.78%), Sugar: 22.13g (24.58%), Cholesterol: 16.81mg (5.6%), Sodium: 1082.12mg (47.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin A: 24187.48IU (483.75%), Fiber: 5g (19.98%), Vitamin K: 16.47µg (15.68%), Manganese: 0.27mg (13.63%), Potassium: 426.13mg (12.18%), Folate: 46.92µg (11.73%), Vitamin B6: 0.19mg (9.4%), Iron: 1.63mg (9.07%), Copper: 0.18mg (8.91%), Vitamin B5: 0.73mg (7.31%), Calcium: 66.11mg (6.61%), Vitamin C: 4.98mg (6.04%), Phosphorus: 57.08mg (5.71%), Vitamin B2: 0.1mg (5.63%), Vitamin B3: 0.98mg (4.88%), Magnesium: 18.73mg (4.68%), Vitamin B1: 0.05mg (3.61%), Selenium: 2.09µg (2.99%), Zinc: 0.36mg (2.4%), Vitamin D: 0.24µg (1.59%)