



Carrot with Toasted Almond Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 cup apple cider (preferably unfiltered)
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 lb carrots peeled
- ☐ 0.8 teaspoon rounded curry powder
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon ground ginger
- ☐ 14 fl. oz. chicken broth reduced-sodium

- ☐ 3 oz potatoes boiling
- ☐ 0.8 teaspoon salt
- ☐ 1 cup shallots sliced (4 large)
- ☐ 1 turkish or
- ☐ 0.3 cup butter unsalted
- ☐ 1.3 cups water

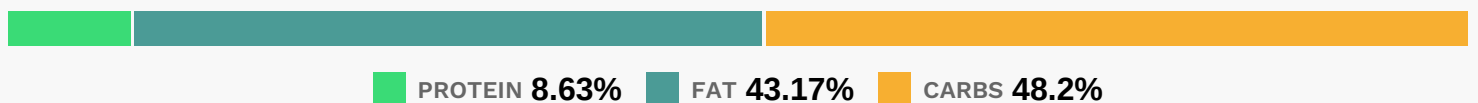
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook shallots, bay leaf, ginger, curry powder, and thyme in butter in a 2- to 3-quart heavy saucepan over moderately low heat, stirring occasionally, until shallots are softened and pale golden, 6 to 8 minutes.
- ☐ Meanwhile, peel potato and cut into 1/2-inch cubes.
- ☐ Add potato to shallot mixture along with carrots, broth, cider, water, salt, and pepper and bring to a boil. Reduce heat and simmer, covered, until carrots are tender, 20 to 25 minutes. Discard bay leaf.
- ☐ Purée soup in 2 batches in a blender until smooth, transferring as blended to a large bowl (use caution when blending hot liquids). Return to saucepan to reheat if necessary.
- ☐ Serve soup sprinkled with almonds.
- ☐ •Soup can be made 2 days ahead and cooled completely, uncovered, then chilled, covered. Reheat over low heat. Thin with additional water if necessary. •Almonds can be toasted 2 days ahead and cooled completely, then kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.4, Glycemic Load:10.58, Inflammation Score:-10, Nutrition Score:19.172608546589%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 308.46kcal (15.42%), Fat: 15.64g (24.07%), Saturated Fat: 7.79g (48.7%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 31.2g (11.34%), Sugar: 19.08g (21.2%), Cholesterol: 30.5mg (10.17%), Sodium: 603.35mg (26.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Vitamin A: 28805.2IU (576.1%), Manganese: 0.71mg (35.35%), Fiber: 8.1g (32.42%), Potassium: 1045.12mg (29.86%), Vitamin B6: 0.51mg (25.59%), Vitamin K: 25.12µg (23.92%), Vitamin C: 17.98mg (21.8%), Vitamin E: 3.04mg (20.26%), Vitamin B3: 3.75mg (18.73%), Phosphorus: 176.51mg (17.65%), Magnesium: 60.32mg (15.08%), Folate: 60.1µg (15.02%), Copper: 0.3mg (14.94%), Vitamin B2: 0.23mg (13.68%), Vitamin B1: 0.19mg (12.75%), Iron: 2.13mg (11.83%), Calcium: 115.09mg (11.51%), Vitamin B5: 0.77mg (7.71%), Zinc: 1.06mg (7.08%), Selenium: 1.56µg (2.24%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.42%)