



Chilled Carrot and Orange Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups carrots sliced
- ☐ 1 large pinch ground cloves
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 6 servings mint leaves fresh
- ☐ 1 medium onion finely chopped
- ☐ 1 cup orange juice fresh
- ☐ 0.1 teaspoon salt

- ☐ 3 tablespoons butter unsalted
- ☐ 4 cups water

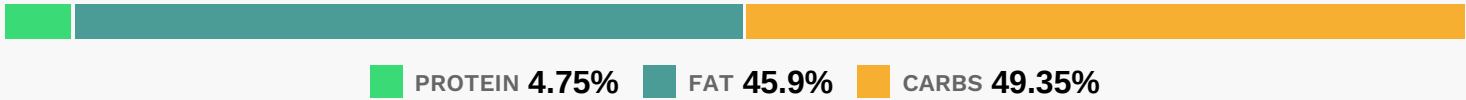
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook onion in butter in a 3- to 4-quart heavy saucepan over moderately high heat, stirring, until golden, about 3 minutes.
- ☐ Add carrots, water, salt, pepper, and cloves and simmer, covered, until carrots are very tender, about 15 minutes.
- ☐ Purée soup in 3 batches in a blender (use caution when blending hot liquids) until very smooth, about 1 minute, transferring to a bowl. Stir in orange and lemon juices.
- ☐ Chill soup, covered, until cold, at least 2 hours.
- ☐ • Soup can be chilled up to 2 days. Thin with water before serving if necessary.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:10.572608638717%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 112.43kcal (5.62%), Fat: 6g (9.23%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 11.62g (4.23%), Sugar: 8.34g (9.27%), Cholesterol: 15.05mg (5.02%), Sodium: 117.52mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin A: 14556.81IU (291.14%), Vitamin C: 28.02mg (33.96%), Fiber: 2.9g (11.58%), Vitamin K: 12.03µg (11.46%), Potassium: 392.87mg (11.22%), Manganese: 0.18mg (9.22%), Folate: 33.8µg (8.45%), Vitamin B6: 0.16mg (7.94%), Vitamin B1: 0.1mg (6.91%), Vitamin B3: 1.05mg (5.24%), Vitamin E: 0.75mg (5%), Magnesium: 19.42mg (4.86%), Copper: 0.09mg (4.74%), Calcium: 46.37mg (4.64%), Phosphorus: 44.9mg (4.49%), Vitamin B2: 0.07mg (4.25%), Vitamin B5: 0.35mg (3.49%), Iron: 0.44mg (2.45%), Zinc: 0.29mg (1.95%)