

Chilled Carrot Soup

 Gluten Free

READY IN



365 min.

SERVINGS



30

CALORIES



58 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups baking potatoes diced peeled
- ☐ 2 cups carrots diced
- ☐ 30 servings garnish: carrots shredded finely
- ☐ 1 tablespoon chicken soup base jarred
- ☐ 32 oz chicken broth
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 cup half-and-half
- ☐ 1.5 cups leeks chopped

☐

0.5 teaspoon salt

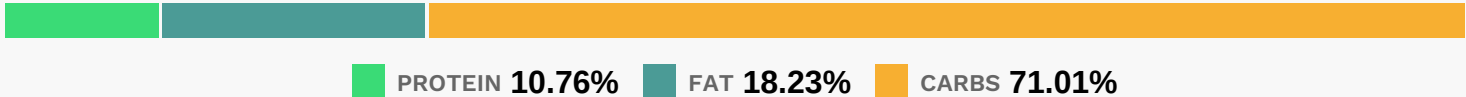
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients in a Dutch oven; bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer 10 minutes or until vegetables are tender. Cool 10 minutes.
- ☐ Puree vegetable mixture, in batches, in a blender until smooth.
- ☐ Transfer puree to a large bowl; whisk in half-and-half, salt, and white pepper until blended.
- ☐ Let cool 1 hour; cover and chill 4 to 48 hours.
- ☐ Add salt and white pepper to taste.
- ☐ Serve in chilled cups.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:8.6904347564863%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 57.65kcal (2.88%), Fat: 1.23g (1.89%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 8.48g (3.08%), Sugar: 4.17g (4.63%), Cholesterol: 3.67mg (1.22%), Sodium: 209.93mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin A: 12221.78IU (244.44%), Vitamin K: 12.05µg (11.48%), Fiber: 2.31g (9.24%), Potassium: 319.53mg (9.13%), Vitamin B6: 0.17mg (8.36%), Manganese:

0.16mg (8.17%), Vitamin C: 5.74mg (6.96%), Vitamin B3: 0.97mg (4.86%), Vitamin B2: 0.08mg (4.84%), Vitamin B1: 0.07mg (4.77%), Folate: 18.98µg (4.75%), Phosphorus: 44.85mg (4.49%), Calcium: 38.49mg (3.85%), Vitamin E: 0.56mg (3.7%), Magnesium: 14.62mg (3.65%), Copper: 0.06mg (2.96%), Vitamin B5: 0.28mg (2.75%), Iron: 0.47mg (2.64%), Zinc: 0.29mg (1.92%)