



Cream of Carrot Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound carrots thinly sliced
- 0.5 cup celery sliced
- 1.3 teaspoons dillweed fresh chopped
- 2 cups no-salt-added chicken broth canned
- 1 tablespoon butter
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

0.5 cup evaporated skimmed milk

Equipment

sauce pan

blender

Directions

Coat a saucepan with cooking spray.

Add margarine; place over medium-high heat until margarine melts.

Add onion and celery; saute until tender.

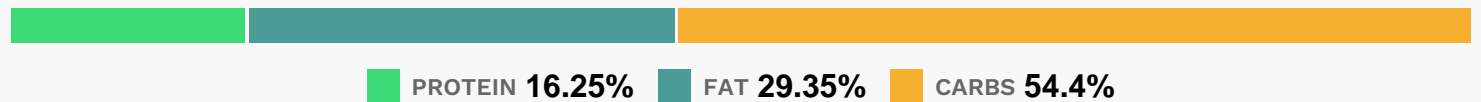
Add carrot and broth. Bring to a boil; cover, reduce heat, and simmer 20 minutes.

Remove from heat; cool 10 minutes.

Transfer mixture to container of an electric blender; cover and process until smooth. Return to saucepan.

Add milk; cook 3 minutes or until thoroughly heated. Stir in dillweed, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:12.166086953619%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 111.05kcal (5.55%), Fat: 3.87g (5.95%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 12.38g (4.5%), Sugar: 8.09g (8.99%), Cholesterol: 0.92mg (0.31%), Sodium: 315.49mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin A: 19192.14IU (383.84%), Vitamin K: 18.95µg (18.05%), Potassium: 580.91mg (16.6%), Fiber: 3.75g (15%), Vitamin B3: 2.83mg (14.17%), Phosphorus:

117.71mg (11.77%), Vitamin B6: 0.22mg (11.01%), Manganese: 0.22mg (10.93%), Vitamin C: 8.6mg (10.42%), Calcium: 93.98mg (9.4%), Vitamin B2: 0.16mg (9.15%), Folate: 30.61µg (7.65%), Vitamin B1: 0.1mg (6.96%), Copper: 0.13mg (6.29%), Vitamin E: 0.9mg (5.98%), Magnesium: 22.19mg (5.55%), Vitamin B12: 0.3µg (4.99%), Vitamin B5: 0.48mg (4.79%), Zinc: 0.58mg (3.87%), Iron: 0.67mg (3.73%), Vitamin D: 0.34µg (2.25%), Selenium: 0.88µg (1.26%)