



Cream Of Ginger Carrot Soup

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups carrots thinly sliced
- 3 cubes chicken bouillon
- 2 tablespoons flour all-purpose
- 3 tablespoons parsley fresh chopped
- 0.5 cup ginger liqueur
- 0.3 teaspoon ground ginger
- 4 servings ground pepper black to taste
- 4 tablespoons butter
- 0.5 cup onion chopped

- 4 servings salt to taste
- 2 cups skim milk
- 0.5 cup water
- 2 tablespoons sugar white

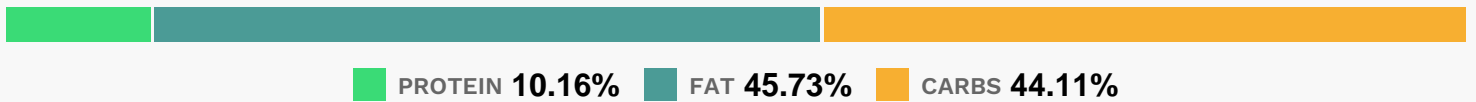
Equipment

- food processor
- bowl
- pot
- blender

Directions

- Simmer carrots, onions, 1/4 cup liqueur, water, chicken bouillon cubes, and butter or margarine until carrots are tender. Cool slightly.
- Puree carrot mixture in a blender or food processor.
- Add milk, flour, sugar, and ground ginger.
- Return carrot puree to pot. Simmer until thickened, stirring occasionally. Stir in remaining 1/4 cup liqueur.
- Add additional milk for consistency you like. Season with salt and pepper to taste.
- Serve in warmed soup bowls, and garnish with fresh chopped parsley.

Nutrition Facts



Properties

Glycemic Index:82.79, Glycemic Load:11.02, Inflammation Score:-10, Nutrition Score:15.295217410378%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.48mg, Myricetin: 0.48mg,

Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 224.68kcal (11.23%), Fat: 11.72g (18.03%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 25.43g (8.48%),
Net Carbohydrates: 22.82g (8.3%), Sugar: 16.3g (18.11%), Cholesterol: 3.67mg (1.23%), Sodium: 428.91mg (18.65%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin A: 11696.22IU (233.92%), Vitamin K:
57.92µg (55.16%), Calcium: 199.94mg (19.99%), Phosphorus: 172.76mg (17.28%), Potassium: 518.07mg (14.8%),
Vitamin B2: 0.24mg (13.84%), Vitamin B12: 0.72µg (12.07%), Vitamin C: 9.87mg (11.97%), Manganese: 0.23mg (11.7%),
Fiber: 2.62g (10.46%), Vitamin B6: 0.21mg (10.46%), Vitamin B1: 0.16mg (10.44%), Vitamin D: 1.35µg (8.98%),
Magnesium: 33.04mg (8.26%), Folate: 31.33µg (7.83%), Vitamin B5: 0.7mg (7.03%), Vitamin E: 0.92mg (6.12%),
Selenium: 4.09µg (5.84%), Vitamin B3: 1.16mg (5.82%), Zinc: 0.85mg (5.65%), Copper: 0.08mg (4.17%), Iron: 0.71mg
(3.92%)