



Creamy Carrot Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



145 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 1 cup carrots diced
- 2.5 tablespoons optional: dill fresh chopped
- 0.5 teaspoon ginger fresh grated
- 0.3 cup cup heavy whipping cream
- 0.3 cup onion chopped
- 0.3 cup potatoes cubed
- 3 servings salt and pepper to taste

2 cups vegetable stock

Equipment

frying pan

sauce pan

blender

Directions

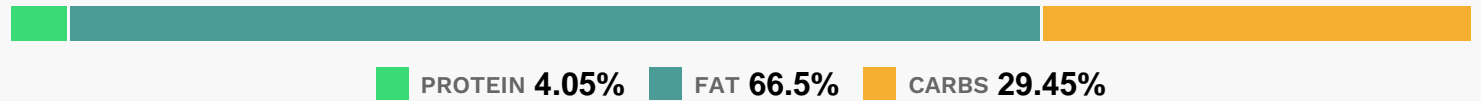
Melt butter in a small saucepan. Sweat the carrots, onion and ginger with the butter.

Add potatoes and broth, then bring to a boil. Reduce heat, and simmer until potatoes are tender. Strain liquid into a separate container. Put vegetables into a blender along with the dill, and pour in just enough of the liquid to cover the vegetables. Puree in stages if necessary. Discard excess broth. Return vegetable puree to pan.

Stir heavy cream into the pan with the vegetables. Season with salt and pepper.

Heat, but do not boil, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:94.19, Glycemic Load:4.78, Inflammation Score:-10, Nutrition Score:7.9921739179155%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 145.44kcal (7.27%), Fat: 11.08g (17.05%), Saturated Fat: 6.99g (43.66%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 9.22g (3.35%), Sugar: 4.64g (5.16%), Cholesterol: 32.44mg (10.81%), Sodium: 887.09mg (38.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin A: 7896.11IU (157.92%), Vitamin C: 7.37mg (8.93%), Fiber: 1.82g (7.28%), Potassium: 253.52mg (7.24%), Vitamin B6: 0.13mg (6.74%), Vitamin K: 6.98µg (6.65%), Manganese: 0.11mg (5.53%), Vitamin B2: 0.07mg (4.35%), Phosphorus: 41.73mg (4.17%), Vitamin E:

0.58mg (3.85%), Folate: 14.91µg (3.73%), Vitamin B1: 0.05mg (3.52%), Calcium: 34.32mg (3.43%), Vitamin B3:
0.64mg (3.21%), Magnesium: 12.29mg (3.07%), Vitamin B5: 0.24mg (2.42%), Copper: 0.05mg (2.34%), Vitamin D:
0.32µg (2.12%), Iron: 0.34mg (1.88%), Zinc: 0.23mg (1.55%), Selenium: 0.81µg (1.15%)