



Creamy Carrot Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds carrots cut into 1/2-inch pieces
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 Dash ground ginger
- ☐ 2 tablespoons heavy cream divided
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon sea salt fine
- ☐ 1.8 cups vidalia sweet chopped

☐ 2 cups water

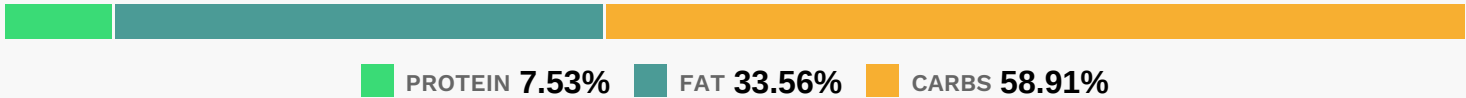
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion and carrots to pan; cook 10 minutes, stirring frequently. Stir in salt, pepper, and ginger.
- ☐ Add 2 cups water and broth to pan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until carrots are tender.
- ☐ Remove from heat; cool.
- ☐ Place half of carrot mixture and 1 tablespoon cream in a food processor or blender; process 20 seconds or until smooth.
- ☐ Pour pureed mixture into a large bowl. Repeat procedure with remaining carrot mixture and 1 tablespoon cream. Return mixture to pan; cook over medium heat until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:16.882608675438%

Flavonoids

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 10.64mg, Quercetin: 10.64mg, Quercetin: 10.64mg, Quercetin: 10.64mg

Quercetin: 10.64mg

Nutrients (% of daily need)

Calories: 177.83kcal (8.89%), Fat: 7.02g (10.8%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 20.64g (7.51%), Sugar: 14.66g (16.29%), Cholesterol: 8.48mg (2.83%), Sodium: 1215.8mg (52.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin A: 38000.96IU (760.02%), Vitamin K: 32.91µg (31.34%), Fiber: 7.08g (28.32%), Manganese: 0.51mg (25.34%), Potassium: 857mg (24.49%), Vitamin B6: 0.42mg (21.24%), Vitamin C: 16.79mg (20.35%), Folate: 60.7µg (15.18%), Vitamin B3: 2.99mg (14.94%), Vitamin E: 2.09mg (13.91%), Vitamin B1: 0.19mg (12.55%), Phosphorus: 115.93mg (11.59%), Vitamin B2: 0.18mg (10.84%), Calcium: 103.67mg (10.37%), Copper: 0.19mg (9.38%), Magnesium: 37.34mg (9.33%), Vitamin B5: 0.85mg (8.48%), Iron: 1.13mg (6.26%), Selenium: 3.45µg (4.93%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.24µg (3.98%)