



Creamy Carrot With Curry Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 pounds carrots peeled cut into 1-inch chunks
- ☐ 2 tablespoons curry powder
- ☐ 3 large garlic cloves sliced
- ☐ 1.5 cups half-and-half whole (or milk)
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion cut into large dice
- ☐ 6 servings garnish: roasted pistachios chopped

- ☐ 6 servings salt and pepper freshly ground to taste
- ☐ 1 pinch sugar
- ☐ 3 cups from a carton homemade

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ kitchen towels
- ☐ immersion blender

Directions

- ☐ Heat oil over medium-high heat in a large, deep saute pan until shimmering.
- ☐ Add carrots, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.
- ☐ Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.
- ☐ Add curry powder; continue to saute until fragrant, 30 seconds to 1 minute longer.
- ☐ Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until carrots are tender, about 10 minutes.
- ☐ Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)
- ☐ Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed.
- ☐ Heat through, ladle into bowls, garnish and serve.

Nutrition Facts



 PROTEIN 11.8%  FAT 57.8%  CARBS 30.4%

Properties

Glycemic Index:47.49, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:20.226086989693%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 324.86kcal (16.24%), Fat: 22.05g (33.92%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 18.91g (6.88%), Sugar: 12.26g (13.62%), Cholesterol: 14.69mg (4.9%), Sodium: 748.81mg (32.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.25%), Vitamin A: 19240.32IU (384.81%), Vitamin B6: 0.74mg (37.07%), Manganese: 0.7mg (34.91%), Fiber: 7.18g (28.72%), Vitamin B1: 0.4mg (26.46%), Phosphorus: 260.28mg (26.03%), Potassium: 836.55mg (23.9%), Copper: 0.46mg (23.2%), Vitamin K: 20.25µg (19.28%), Vitamin E: 2.64mg (17.61%), Calcium: 165.3mg (16.53%), Vitamin B2: 0.28mg (16.41%), Magnesium: 63.99mg (16%), Vitamin C: 10.8mg (13.1%), Iron: 2.22mg (12.32%), Folate: 43.77µg (10.94%), Vitamin B3: 1.91mg (9.55%), Zinc: 1.36mg (9.09%), Vitamin B5: 0.74mg (7.36%), Selenium: 4.41µg (6.3%), Vitamin B12: 0.36µg (5.95%), Vitamin D: 0.67µg (4.47%)