



# Creamy Carrot With Curry Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

## Ingredients

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

- 6 servings salt and pepper freshly ground to taste
- 1 pinch sugar

## 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 11.16% FAT 58.39% CARBS 30.45%

## Properties

Glycemic Index:47.49, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:19.577825877977%

## 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: 317.81kcal (15.89%), Fat: 21.8g (33.54%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 18.4g (6.69%), Sugar: 11.75g (13.06%), Cholesterol: 12.34mg (4.11%), Sodium: 312.89mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Vitamin A: 19237.97IU (384.76%), Vitamin B6: 0.74mg (37.07%), Manganese: 0.64mg (32.21%), Fiber: 7.18g (28.72%), Phosphorus: 255.58mg (25.56%), Vitamin B1: 0.37mg (24.82%), Potassium: 815.4mg (23.3%), Copper: 0.45mg (22.32%), Vitamin K: 20.25µg (19.28%), Vitamin E: 2.6mg (17.3%), Calcium: 160.6mg (16.06%), Magnesium: 62.81mg (15.7%), Vitamin C: 10.8mg (13.1%), Vitamin B2: 0.21mg (12.33%), Iron: 2.14mg (11.87%), Folate: 43.77µg (10.94%), Zinc: 1.28mg (8.55%), Vitamin B3: 1.65mg (8.26%), Vitamin B5: 0.73mg (7.25%), Selenium: 3.94µg (5.62%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.67µg (4.47%)