



Creamy Curried Root Vegetable Soup

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



263 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 5 carrots peeled chopped
- ☐ 2 tablespoons curry powder
- ☐ 2 heads garlic chopped
- ☐ 6 green onions chopped
- ☐ 1.5 cups milk

- ☐ 10 grinds cracked pepper black
- ☐ 6 radishes red chopped
- ☐ 1.5 pounds potatoes red cut into cubes
- ☐ 6 hakurei turnips chopped
- ☐ 1 quart vegetable stock
- ☐ 3 tablespoons worcestershire sauce

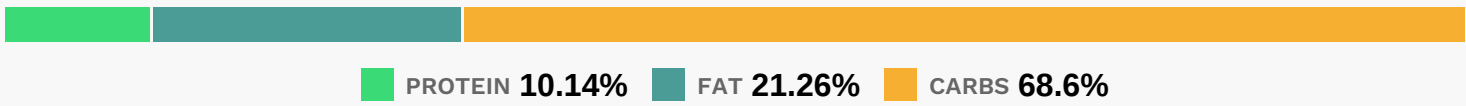
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt butter in a large skillet over medium heat. Cook and stir turnips, radishes, garlic, and green onions in melted butter until hot, about 3 minutes. Stir carrots, red potatoes, and vegetable stock into the turnip mixture; bring to a simmer, add bay leaf, and reduce heat to low. Cook at a simmer, stirring occasionally, for 45 minutes.
- ☐ Remove and discard bay leaf. Working in batches, pour the turnip mixture into a blender, filling the pitcher no more than half full. Carefully start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree.
- ☐ Transfer to a large saucepan over low heat.
- ☐ Stir milk, Worcestershire sauce, curry powder, brown sugar, and black pepper into the soup; cook and stir constantly until color and spices are evenly mixed.
- ☐ Let soup simmer over very low heat for another 10 minutes.

Nutrition Facts



Properties

Glycemic Index:63.97, Glycemic Load:9.03, Inflammation Score:-10, Nutrition Score:22.790434795877%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 263.19kcal (13.16%), Fat: 6.54g (10.07%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 47.52g (15.84%), Net Carbohydrates: 40.31g (14.66%), Sugar: 18.03g (20.03%), Cholesterol: 17.35mg (5.78%), Sodium: 939.38mg (40.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Vitamin A: 9208.89IU (184.18%), Vitamin C: 45.47mg (55.12%), Manganese: 0.88mg (43.94%), Vitamin K: 40.49µg (38.56%), Potassium: 1210.55mg (34.59%), Fiber: 7.21g (28.84%), Vitamin B6: 0.57mg (28.29%), Phosphorus: 217.05mg (21.7%), Calcium: 196.9mg (19.69%), Copper: 0.38mg (18.82%), Magnesium: 66.43mg (16.61%), Vitamin B1: 0.25mg (16.48%), Iron: 2.94mg (16.32%), Folate: 61.58µg (15.4%), Vitamin B2: 0.23mg (13.42%), Vitamin B3: 2.65mg (13.24%), Vitamin B5: 1.03mg (10.32%), Zinc: 1.37mg (9.1%), Vitamin E: 1.06mg (7.06%), Selenium: 4.61µg (6.59%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.67µg (4.47%)