



Creamy Spiced Carrot Soup

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



329 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons olive oil extra virgin extra-virgin
- 1 cup onion chopped
- 2 stalks celery chopped
- 2 cloves garlic chopped
- 6 cups carrots peeled chopped
- 32 oz chicken broth (4 cups)
- 1 bay leaves
- 2 strips orange zest (2x1 inch each)

- 0.8 teaspoon salt
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon pepper
- 1 cup heavy whipping cream
- 2 tablespoons butter
- 0.5 cup panko bread crumbs crispy italian
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 1 orange zest grated

Equipment

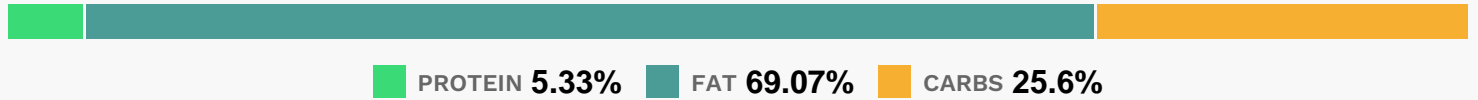
- bowl
- frying pan
- sauce pan
- ladle
- blender
- dutch oven

Directions

- In 4-quart saucepan or Dutch oven, heat oil over medium-high heat.
- Add onions and celery to oil; cook a few minutes.
- Add garlic; cook about 5 minutes or until vegetables are translucent.
- Add carrots; cook 8 minutes, stirring occasionally, until carrots are tender.
- Add chicken broth, bay leaf, orange peel strips, salt, cinnamon, cloves, and pepper.
- Heat to boiling; reduce heat. Simmer 10 minutes, stirring occasionally. Stir in whipping cream; remove from heat.
- Meanwhile, make gremolata. In 8-inch skillet, melt butter over medium heat.
- Add bread crumbs to butter; cook until lightly browned, stirring occasionally. Stir in parsley and grated orange peel.

- Remove from heat; set aside.
- Remove bay leaf and orange peel strips from soup; discard.
- Pour soup into blender in small batches; cover and puree each batch until completely smooth. Ladle into warm bowls.
- Sprinkle soup with 1 teaspoon gremolata. Pass the remaining gremolata at the table.

Nutrition Facts



Properties

Glycemic Index:42.47, Glycemic Load:4.79, Inflammation Score:-10, Nutrition Score:15.821304331655%

Flavonoids

Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 328.96kcal (16.45%), Fat: 26.07g (40.11%), Saturated Fat: 12.63g (78.95%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 16.84g (6.12%), Sugar: 9.52g (10.58%), Cholesterol: 57.88mg (19.29%), Sodium: 1030.27mg (44.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin A: 22270.85IU (445.42%), Vitamin K: 49.11µg (46.77%), Manganese: 0.43mg (21.38%), Fiber: 4.91g (19.62%), Vitamin C: 15.45mg (18.73%), Potassium: 577.28mg (16.49%), Vitamin B2: 0.28mg (16.43%), Vitamin E: 2.46mg (16.38%), Vitamin B1: 0.19mg (12.93%), Vitamin B6: 0.26mg (12.86%), Folate: 44.08µg (11.02%), Calcium: 106.12mg (10.61%), Vitamin B3: 2.07mg (10.36%), Phosphorus: 97.19mg (9.72%), Magnesium: 27.76mg (6.94%), Copper: 0.12mg (6.06%), Vitamin B5: 0.59mg (5.87%), Iron: 1.04mg (5.8%), Selenium: 3.59µg (5.13%), Zinc: 0.69mg (4.57%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.12µg (1.99%)