



## Creamy Tomato-Carrot Soup

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 oz carrots 100%
- 2 servings oyster crackers
- 19 oz canned tomatoes ready-to-serve canned

### Equipment

- sauce pan

### Directions

In 2-quart saucepan, mix soup and carrot pure.

Heat over medium heat, stirring occasionally, until hot. Top each serving with crackers.

## Nutrition Facts

**PROTEIN 13.41%** **FAT 10.37%** **CARBS 76.22%**

### Properties

Glycemic Index:42.42, Glycemic Load:7.32, Inflammation Score:-10, Nutrition Score:21.3752173749%

### Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

### Nutrients (% of daily need)

Calories: 172.13kcal (8.61%), Fat: 2.19g (3.36%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 29.04g (10.56%), Sugar: 14.73g (16.37%), Cholesterol: 0mg (0%), Sodium: 535.78mg (23.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin A: 10051.33IU (201.03%), Manganese: 0.7mg (34.98%), Vitamin C: 28.12mg (34.09%), Fiber: 7.12g (28.5%), Potassium: 993.35mg (28.38%), Copper: 0.54mg (26.96%), Vitamin E: 3.91mg (26.09%), Iron: 4.51mg (25.04%), Vitamin B6: 0.5mg (24.76%), Vitamin K: 25.57µg (24.35%), Vitamin B3: 4.81mg (24.07%), Vitamin B1: 0.34mg (22.98%), Folate: 65.88µg (16.47%), Magnesium: 64.12mg (16.03%), Vitamin B2: 0.25mg (14.47%), Phosphorus: 121.33mg (12.13%), Calcium: 113.13mg (11.31%), Vitamin B5: 0.97mg (9.75%), Zinc: 0.97mg (6.44%), Selenium: 3.22µg (4.6%)