

Curried Carrot Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds carrots chopped
- ☐ 1 tablespoon curry powder
- ☐ 1 onion chopped
- ☐ 4 cups vegetable broth
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water or as needed

Equipment

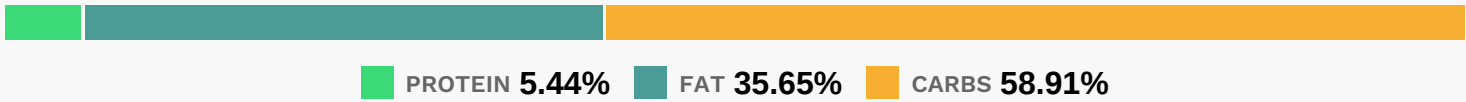
- ☐ pot

☐ blender

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Saute onion until tender and translucent. Stir in the curry powder.
- ☐ Add the chopped carrots, and stir until the carrots are coated.
- ☐ Pour in the vegetable broth, and simmer until the carrots are soft, about 20 minutes.
- ☐ Transfer the carrots and broth to a blender, and puree until smooth.
- ☐ Pour back into the pot, and thin with water to your preferred consistency.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:12.013913032801%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 120.48kcal (6.02%), Fat: 5.05g (7.77%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 13.91g (5.06%), Sugar: 9.3g (10.34%), Cholesterol: 0mg (0%), Sodium: 736.19mg (32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin A: 25602.97IU (512.06%), Vitamin K: 29.37µg (27.97%), Fiber: 4.88g (19.51%), Potassium: 526.03mg (15.03%), Manganese: 0.28mg (14.14%), Vitamin C: 10.39mg (12.6%), Vitamin B6: 0.24mg (12.11%), Vitamin E: 1.59mg (10.62%), Folate: 33.75µg (8.44%), Vitamin B3: 1.54mg (7.71%), Vitamin B1: 0.11mg (7.38%), Phosphorus: 61.73mg (6.17%), Calcium: 61.26mg (6.13%), Magnesium: 23.31mg (5.83%), Vitamin B2: 0.1mg (5.61%), Copper: 0.1mg (4.8%), Iron: 0.79mg (4.38%), Vitamin B5: 0.44mg (4.35%), Zinc: 0.44mg (2.95%)