



Curried Carrot Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



28 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium bay leaves
- 0.5 cup coconut milk canned
- 1 tablespoon canola oil
- 1 pound carrots peeled sliced into 1/4-inch-thick rounds
- 2 teaspoons curry powder
- 1 medium garlic clove smashed
- 0.5 inch ginger peeled smashed
- 0.5 medium onion coarsely chopped

2.5 cups vegetable broth low-sodium

Equipment

sauce pan

pot

blender

stove

Directions

Heat the oil in a medium saucepan over medium heat. When it shimmers, add the curry powder and garlic and cook until fragrant, about 30 seconds.

Add the ginger, onion, carrots, bay leaf, and broth, increase the heat to medium high, and bring the mixture to a boil. Reduce the heat to medium low and simmer until the carrots are soft when pierced with a fork, about 20 minutes. Discard the bay leaf. Working in batches, process the soup in a blender until smooth. (Be very careful when blending the hot soup, as steam could blow off the blender lid.)

Pour the soup into a clean pot and return it to the stove over medium heat. Stir in the coconut milk and adjust the seasoning as needed. To make appetizer portions, serve small amounts of soup in shot glasses or demitasses.

Garnish with a few flakes of toasted coconut, if using. Beverage pairing: Annie's Lane Riesling, Australia. This dry-but-fruity Riesling from Australia's Clare Valley has the acidity to cut through a heavy soup, enough citrusy spunk to embellish the carrots, and a little spice to echo the curry.

Nutrition Facts



PROTEIN 6.13% **FAT 56.22%** **CARBS 37.65%**

Properties

Glycemic Index:5.16, Glycemic Load:0.66, Inflammation Score:-9, Nutrition Score:4.0513042963069%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg,

Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 27.74kcal (1.39%), Fat: 1.85g (2.84%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 14.01mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin A: 3159.34IU (63.19%), Manganese: 0.09mg (4.28%), Fiber: 0.85g (3.38%), Vitamin K: 3.09µg (2.95%), Potassium: 80.68mg (2.3%), Vitamin E: 0.27mg (1.81%), Vitamin C: 1.49mg (1.81%), Vitamin B6: 0.03mg (1.71%), Phosphorus: 13.11mg (1.31%), Folate: 5.11µg (1.28%), Copper: 0.02mg (1.24%), Magnesium: 4.87mg (1.22%), Vitamin B3: 0.23mg (1.17%), Iron: 0.2mg (1.1%), Vitamin B1: 0.02mg (1.04%)