



Curried Carrot Soup



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds carrots chopped
- ☐ 1 tablespoon curry powder
- ☐ 0.5 cup wine dry white
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 large onion chopped

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons butter unsalted

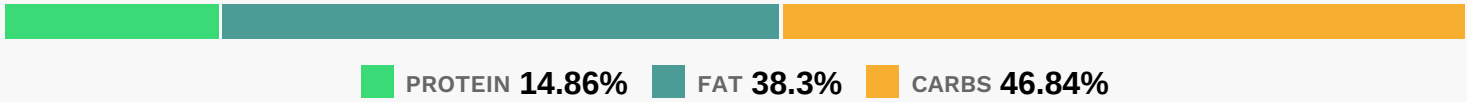
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large pan over medium-high heat.
- ☐ Add garlic; saut until golden, about 30seconds. Reduce heat to medium, add onion; saut for 5minutes.
- ☐ Add curry and cumin; saut 3minutes.
- ☐ Add carrots; saut 5 minutes.
- ☐ Stir in wine; cook until reduced by half.
- ☐ Add broth and salt and bring to a boil. Reduce heat to medium-low, cover and simmer until carrots are tender, about 30minutes.
- ☐ Remove from heat and let cool.
- ☐ Working in batches, puree soup in a blender. Return to pot. Rewarm over medium heat. If soup is too thick, add broth to thin. Divide among 6 bowls and sprinkle with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:14.68217406843%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin:

0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 183.61kcal (9.18%), Fat: 7.77g (11.96%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 16.3g (5.93%), Sugar: 8.78g (9.76%), Cholesterol: 15.05mg (5.02%), Sodium: 567.35mg (24.67%), Alcohol: 2.06g (100%), Alcohol %: 0.59% (100%), Protein: 6.79g (13.57%), Vitamin A: 25461.89IU (509.24%), Vitamin B3: 4.85mg (24.23%), Potassium: 771.31mg (22.04%), Vitamin K: 22.09µg (21.04%), Fiber: 5.09g (20.34%), Manganese: 0.36mg (17.78%), Vitamin B6: 0.3mg (14.97%), Phosphorus: 144.66mg (14.47%), Vitamin C: 11.28mg (13.68%), Copper: 0.22mg (10.88%), Vitamin B2: 0.18mg (10.41%), Iron: 1.82mg (10.1%), Vitamin E: 1.41mg (9.41%), Folate: 35.61µg (8.9%), Calcium: 81.69mg (8.17%), Vitamin B1: 0.12mg (8.1%), Magnesium: 30.42mg (7.6%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.47mg (4.67%), Vitamin B12: 0.25µg (4.13%), Selenium: 0.72µg (1.02%)