



# Curried Carrot Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

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 stock
- 2 tablespoons vegetable oil

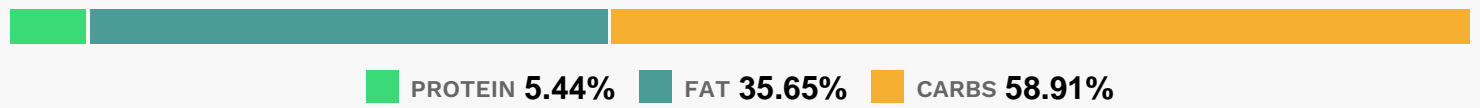
## Equipment

- 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:11.965217375237%

## 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: 732.25mg (31.84%), 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: 58.89mg (5.89%), Magnesium: 22.52mg (5.63%), Vitamin B2: 0.1mg (5.61%), Iron: 0.79mg (4.38%), Vitamin B5: 0.44mg (4.35%), Copper: 0.08mg (4.17%), Zinc: 0.43mg (2.9%)