



Curried Carrot, Sweet Potato, and Ginger Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 1.5 cups carrots peeled sliced ()
- ☐ 2 teaspoons curry powder
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots chopped
- ☐ 3 cups sweet potatoes and into cubed peeled ()

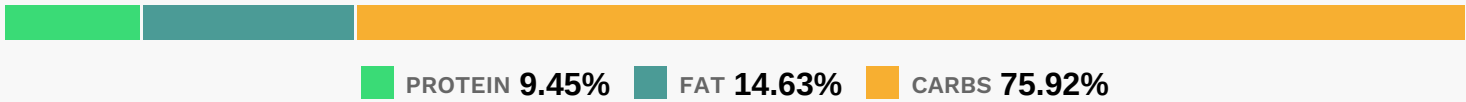
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add shallots; saute 3 minutes or until tender.
- ☐ Add potato, carrots, ginger, and curry; cook 2 minutes.
- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until vegetables are tender; stir in salt.
- ☐ Pour half of soup in a food processor; pulse until smooth. Repeat procedure with remaining soup.

Nutrition Facts



Properties

Glycemic Index:30.97, Glycemic Load:10.15, Inflammation Score:-10, Nutrition Score:12.278260873712%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 124.72kcal (6.24%), Fat: 2.11g (3.24%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 20.09g (7.31%), Sugar: 7.27g (8.08%), Cholesterol: 0mg (0%), Sodium: 863.43mg (37.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin A: 17745.16IU (354.9%), Manganese: 0.38mg (19.15%), Fiber: 4.52g (18.08%), Vitamin B6: 0.33mg (16.6%), Potassium: 529.89mg (15.14%), Vitamin B5: 0.98mg (9.78%), Copper: 0.19mg (9.72%), Magnesium: 33.53mg (8.38%), Phosphorus: 83.39mg (8.34%), Vitamin B3: 1.67mg (8.34%), Vitamin K: 8.64µg (8.22%), Vitamin B1: 0.11mg (7.58%), Vitamin C: 6.23mg (7.56%), Iron: 1.32mg (7.35%), Folate: 26.87µg (6.72%), Vitamin B2: 0.11mg (6.29%), Vitamin E: 0.93mg (6.2%), Selenium: 3.94µg (5.64%), Calcium: 55.01mg (5.5%), Vitamin B12: 0.27µg (4.54%), Zinc: 0.49mg (3.27%)