



WHATShEATE



Curried vegetable broth



Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 medium onion finely chopped
- ☐ 2 medium sticks celery chopped
- ☐ 1 large potatoes chopped
- ☐ 2 carrots chopped
- ☐ 1 large parsnips chopped
- ☐ 2 tbsp curry paste
- ☐ 1 tbsp flour plain

- ☐ 850 ml vegetable stock
- ☐ 2 tbsp double cream
- ☐ 15 g butter
- ☐ 1 large onion finely sliced
- ☐ 2 tbsp cilantro leaves fresh chopped

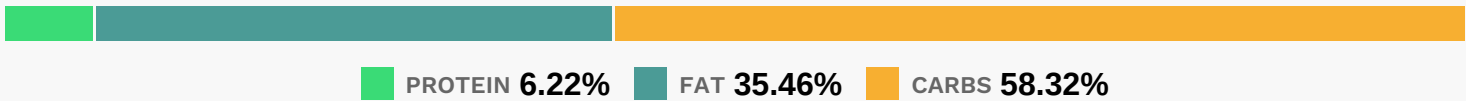
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan, then add the vegetables. Toss well and cook for 3–4 mins until lightly browned.
- ☐ Stir in curry paste and flour and mix together well.
- ☐ Pour over the stock and bring to the boil. Leave to simmer for 20–30 mins until the vegetables are tender.
- ☐ Meanwhile, for the garnish, heat the butter in a frying pan and gently cook the onion for 7–10 mins until browned.
- ☐ Stir the cream into the soup.
- ☐ Serve immediately sprinkled with the fried onion and chopped coriander.

Nutrition Facts



Properties

Glycemic Index:117.65, Glycemic Load:19.08, Inflammation Score:-10, Nutrition Score:16.581739182058%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg, Quercetin: 14.47mg

Nutrients (% of daily need)

Calories: 250.78kcal (12.54%), Fat: 10.19g (15.67%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 37.7g (12.57%), Net Carbohydrates: 31.16g (11.33%), Sugar: 9.6g (10.67%), Cholesterol: 16.54mg (5.51%), Sodium: 919.82mg (39.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 7036.57IU (140.73%), Vitamin C: 32.72mg (39.66%), Fiber: 6.54g (26.16%), Manganese: 0.52mg (26%), Vitamin K: 23.85µg (22.72%), Potassium: 789.29mg (22.55%), Vitamin B6: 0.45mg (22.29%), Folate: 70.04µg (17.51%), Phosphorus: 121.79mg (12.18%), Vitamin B1: 0.18mg (11.96%), Magnesium: 45.88mg (11.47%), Vitamin E: 1.52mg (10.14%), Copper: 0.2mg (9.81%), Vitamin B3: 1.8mg (9.01%), Iron: 1.53mg (8.49%), Vitamin B5: 0.75mg (7.51%), Calcium: 74.84mg (7.48%), Vitamin B2: 0.12mg (7.09%), Zinc: 0.74mg (4.94%), Selenium: 2.31µg (3.3%)