



Fava Bean Soup with Carrot Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium carrots peeled thinly sliced
- ☐ 1.3 cups carrots grated peeled
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 pounds fava bean pods (to yield)
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 28 ounce vegetable broth canned
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups water
- ☐ 0.7 cup whipping cream
- ☐ 8 ounce yukon gold potatoes peeled cut into 1/2-inch pieces

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Cook fava beans in large pot of boiling salted water 5 minutes.
- ☐ Drain. Cool.
- ☐ Cut off tip of each pod and squeeze beans into medium bowl. Peel skin from each bean (to yield about 3/4 cup beans).
- ☐ Heat oil in large pot over medium heat.
- ☐ Add onion and sauté until tender, about 10 minutes.
- ☐ Add beans, potato, carrot, broth, 1 1/2 cups water, and wine. Cover and simmer until vegetables are soft, about 15 minutes. Cool slightly. Stir in parsley. Working in batches, puree soup in blender. Return to pot. Stir in cream. Season with salt and pepper. (Soup can be made 1 day ahead; cover and chill.)
- ☐ Puree all ingredients in blender.
- ☐ Transfer to bowl. Chill at least 15 minutes and up to 3 hours.
- ☐ Strain carrot cream into medium bowl, pressing on solids to extract as much liquid as possible. Using electric mixer, beat carrot cream until soft peaks form. Bring soup to simmer. Ladle into bowls. Top with dollop of carrot cream.

Nutrition Facts



 **PROTEIN 13.19%**  **FAT 40.6%**  **CARBS 46.21%**

Properties

Glycemic Index:70.75, Glycemic Load:17.04, Inflammation Score:-10, Nutrition Score:18.981304259404%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 324.37kcal (16.22%), Fat: 14.69g (22.6%), Saturated Fat: 6.88g (43%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 29.26g (10.64%), Sugar: 7.56g (8.4%), Cholesterol: 29.88mg (9.96%), Sodium: 671.9mg (29.21%), Alcohol: 1.03g (100%), Alcohol %: 0.3% (100%), Protein: 10.74g (21.49%), Vitamin A: 7010.52IU (140.21%), Vitamin K: 50.97µg (48.54%), Folate: 138.66µg (34.67%), Fiber: 8.36g (33.46%), Manganese: 0.63mg (31.35%), Phosphorus: 199.8mg (19.98%), Copper: 0.37mg (18.71%), Potassium: 651.01mg (18.6%), Vitamin C: 14.14mg (17.13%), Magnesium: 68.15mg (17.04%), Vitamin B6: 0.28mg (14.1%), Iron: 2.32mg (12.91%), Vitamin B1: 0.18mg (12.03%), Vitamin B2: 0.19mg (11.33%), Zinc: 1.48mg (9.85%), Calcium: 84.69mg (8.47%), Vitamin B3: 1.64mg (8.21%), Vitamin E: 0.9mg (6.02%), Selenium: 4µg (5.71%), Vitamin B5: 0.49mg (4.93%), Vitamin D: 0.42µg (2.82%)