



Fennel Carrot Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon fennel seeds
- 1.5 pounds carrots sliced
- 1 medium sweet potatoes and into cubed peeled
- 1 medium apples cubed peeled
- 42 ounces vegetable stock canned
- 2 tablespoons rice long grain uncooked
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- 1 bay leaves
- 0.3 teaspoon curry powder
- 1 tablespoon juice of lemon
- 0.5 teaspoon salt
- 0.3 teaspoon pepper white
- 2 tablespoons parsley fresh minced

Equipment

- frying pan
- sauce pan
- blender

Directions

- In a large saucepan, melt butter over medium-high heat.
- Add fennel; cook and stir 2-3 minutes or until lightly toasted.
- Add carrots, sweet potato and apple; cook and stir 5 minutes longer.
- Stir in broth, rice, bay leaf and curry powder; bring to a boil. Reduce heat; simmer, covered, 30 minutes or until vegetables and rice are soft.
- Remove from heat; cool slightly. Discard bay leaf. Process in batches in a blender until smooth; return to pan. Stir in lemon juice, salt and pepper. Cook over medium heat 5 minutes or until heated through, stirring occasionally.
- Sprinkle with parsley.

Nutrition Facts



PROTEIN 6.15% **FAT 12.82%** **CARBS 81.03%**

Properties

Glycemic Index:48.9, Glycemic Load:10.76, Inflammation Score:-10, Nutrition Score:10.982608703977%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 119.6kcal (5.98%), Fat: 1.77g (2.72%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 21.14g (7.69%), Sugar: 8.91g (9.9%), Cholesterol: 3.76mg (1.25%), Sodium: 827.48mg (35.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin A: 18674.99IU (373.5%), Vitamin K: 28.83µg (27.45%), Fiber: 4g (16%), Manganese: 0.3mg (14.98%), Potassium: 411.32mg (11.75%), Vitamin C: 8.85mg (10.73%), Vitamin B6: 0.2mg (10.06%), Vitamin B1: 0.09mg (5.95%), Vitamin B3: 1.16mg (5.79%), Folate: 22.61µg (5.65%), Phosphorus: 56.15mg (5.62%), Vitamin B5: 0.56mg (5.55%), Magnesium: 21.62mg (5.4%), Copper: 0.11mg (5.39%), Vitamin E: 0.75mg (4.99%), Vitamin B2: 0.08mg (4.63%), Calcium: 44.04mg (4.4%), Iron: 0.63mg (3.53%), Zinc: 0.4mg (2.67%), Selenium: 1.4µg (2.01%)