



Ginger and Carrot Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



20

CALORIES



46 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds carrots sliced (10 to 12)
- ☐ 1 piece ginger fresh grated peeled
- ☐ 1 clove garlic sliced
- ☐ 1 juice of lime for garnish, optional
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 1 cup yogurt plain (not nonfat)
- ☐ 20 servings salt and pepper black freshly ground

☐ 6 cups vegetable broth low-sodium

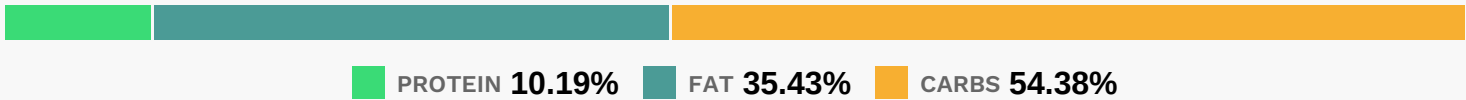
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Warm oil in a pot over medium heat.
- ☐ Add onion; saut until softened, 6 to 8 minutes.
- ☐ Add ginger and garlic; saut until fragrant, about 1 minute.
- ☐ Raise heat to medium-high; stir in carrots.
- ☐ Pour broth into pot, cover and bring to a simmer.
- ☐ Remove cover, reduce heat to medium to maintain a simmer and cook until carrots are very tender, about 25 minutes.
- ☐ Remove soup from heat and let cool slightly.
- ☐ Working in batches, pure soup in a blender until smooth.
- ☐ Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours.
- ☐ Just before serving, stir in lime juice and yogurt. Season with salt and pepper.
- ☐ Serve chilled, garnished with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:8.49, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:6.9534782566454%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.28mg,

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 46.28kcal (2.31%), Fat: 1.92g (2.95%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.29g (3.66%), Cholesterol: 1.59mg (0.53%), Sodium: 37.3mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin A: 7591.26IU (151.83%), Fiber: 1.71g (6.83%), Vitamin K: 7.05µg (6.72%), Potassium: 177.32mg (5.07%), Manganese: 0.09mg (4.44%), Vitamin C: 3.66mg (4.43%), Vitamin B6: 0.08mg (3.82%), Vitamin E: 0.51mg (3.43%), Calcium: 32.05mg (3.21%), Phosphorus: 29.82mg (2.98%), Vitamin B2: 0.05mg (2.7%), Folate: 10.73µg (2.68%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.47mg (2.34%), Magnesium: 7.94mg (1.99%), Vitamin B5: 0.18mg (1.83%), Copper: 0.03mg (1.33%), Zinc: 0.2mg (1.31%)