



Ginger-Carrot Soup

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds carrots peeled chopped
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 1 teaspoon honey
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 servings pepper freshly ground

- ☐ 0.3 cup pinenuts
- ☐ 1.3 cups greek yogurt plain low-fat
- ☐ 1 medium baking potatoes peeled chopped
- ☐ 1 cup onion sweet chopped
- ☐ 6 cups vegetable stock low-sodium

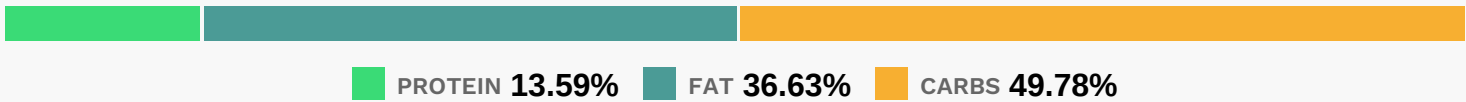
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Combine the olive oil and onion in a Dutch oven or heavy pot over medium-high heat.
- ☐ Sprinkle with 1/2 teaspoon salt and cook, stirring, 10 minutes, until just starting to caramelize.
- ☐ Add the garlic and ginger and cook, stirring, 2 more minutes, being careful not to burn the mixture. Stir in the carrots, potato and the chicken or vegetable stock. Bring to a simmer, cover and cook until the carrots and potato are very tender, 15 to 18 minutes. Keep warm. Meanwhile, in a small saute pan over high heat, lightly toast the pine nuts. Set aside to cool. In a small bowl, combine the yogurt, honey, thyme and 1/2 teaspoon pepper. Puree the soup with an immersion blender until very smooth (or puree in a regular blender in batches). Adjust the seasoning with salt and pepper and serve with a dollop of the yogurt mixture and some pine nuts.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:43.86, Glycemic Load:8.91, Inflammation Score:-10, Nutrition Score:12.944347879161%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 176.05kcal (8.8%), Fat: 7.47g (11.49%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 18.87g (6.86%), Sugar: 10.44g (11.6%), Cholesterol: 2.18mg (0.73%), Sodium: 995.92mg (43.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.47%), Vitamin A: 19355.74IU (387.11%), Manganese: 0.63mg (31.37%), Vitamin K: 20.07µg (19.11%), Fiber: 3.96g (15.83%), Potassium: 533.91mg (15.25%), Vitamin B6: 0.29mg (14.67%), Vitamin C: 9.96mg (12.08%), Vitamin E: 1.66mg (11.05%), Calcium: 93.24mg (9.32%), Phosphorus: 86.28mg (8.63%), Magnesium: 33.34mg (8.34%), Vitamin B1: 0.12mg (8.18%), Vitamin B3: 1.62mg (8.11%), Folate: 31.58µg (7.9%), Copper: 0.15mg (7.67%), Vitamin B2: 0.09mg (5.37%), Iron: 0.95mg (5.31%), Zinc: 0.67mg (4.47%), Vitamin B5: 0.43mg (4.33%)