



Ginger Carrot Soup

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



170 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
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon freshly cracked pepper black plus more for seasoning
- ☐ 0.3 cup pinenuts

- ☐ 1.3 cups yogurt plain
- ☐ 1 medium baking potatoes peeled chopped
- ☐ 0.5 teaspoon salt plus more for seasoning
- ☐ 1 cup onion sweet chopped
- ☐ 4 cups vegetable stock for vegetarian version

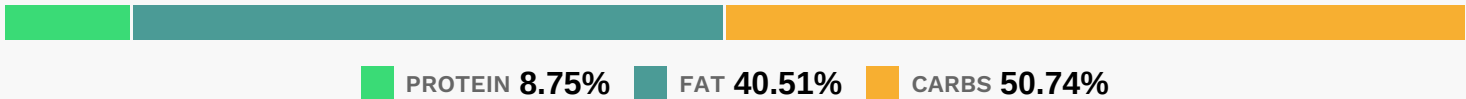
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ In a heavy Dutch oven, (prefer porcelain covered cast iron), over medium-high heat, add the olive oil and the sweet onions.
- ☐ Sprinkle with salt and sweat for 10 minutes, until just starting to caramelize.
- ☐ Add in the garlic and ginger and saute for 2 minutes more, being careful not to burn the mixture. Stir in the carrots, potatoes and the chicken or vegetable stock. Bring to a simmer, cover and cook until carrots and potato is very tender, about 15 to 18 minutes. Keep warm.
- ☐ In a small saute pan, over high heat, lightly toast the pine nuts and set aside to cool.
- ☐ In a small bowl, combine the yogurt, honey, thyme and black pepper.
- ☐ With a stick blender, puree the carrot mixture and gradually add in the pine nuts and the yogurt mixture. Adjust seasonings with salt and pepper, to taste, and serve immediately.
- ☐ Cook's Note: You can prepare the soup 3 or 4 days ahead, refrigerated, and add the nut and yogurt mixture when ready to serve.

Nutrition Facts



Properties

Glycemic Index:46.86, Glycemic Load:8.94, Inflammation Score:-10, Nutrition Score:14.130869586831%

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: 170.28kcal (8.51%), Fat: 8.06g (12.39%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 18.61g (6.77%), Sugar: 10.35g (11.5%), Cholesterol: 5.31mg (1.77%), Sodium: 570.56mg (24.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin A: 19254.56IU (385.09%), Manganese: 0.65mg (32.36%), Vitamin K: 22.11µg (21.06%), Potassium: 601.37mg (17.18%), Fiber: 4.1g (16.38%), Vitamin B6: 0.31mg (15.49%), Phosphorus: 125.56mg (12.56%), Vitamin C: 10.17mg (12.33%), Vitamin E: 1.74mg (11.59%), Calcium: 103.49mg (10.35%), Magnesium: 39.11mg (9.78%), Vitamin B1: 0.14mg (9.01%), Vitamin B2: 0.15mg (8.88%), Folate: 35.17µg (8.79%), Vitamin B3: 1.67mg (8.34%), Copper: 0.16mg (7.96%), Zinc: 0.92mg (6.13%), Iron: 1.09mg (6.05%), Vitamin B5: 0.6mg (5.95%), Vitamin B12: 0.15µg (2.52%), Selenium: 1.42µg (2.03%)