



## Ginger Carrot Soup by Jean Carper

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound carrots cut in chunks
- 2 cups chicken broth low-fat
- 6 servings chives for garnish
- 1 teaspoon cinnamon
- 2 tablespoons crystallized ginger minced
- 0.5 cup half-and-half fat-free
- 1 tablespoon olive oil
- 1.5 cups orange juice

2 large onions yellow chopped

## Equipment

food processor

pot

blender

## Directions

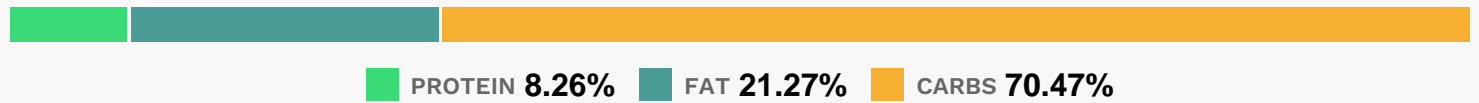
In a large pot, saute onions in olive oil until soft.

Add carrots, broth, ginger and cinnamon. Simmer until carrots are thoroughly cooked, 30-40 minutes.

Transfer to a blender or food processor and process until smooth. Stir in juice and half-and-half.

Serve warm or chilled, garnished with snippets of chives.

## Nutrition Facts



## Properties

Glycemic Index:29.31, Glycemic Load:6.73, Inflammation Score:-10, Nutrition Score:13.007826032846%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

## Nutrients (% of daily need)

Calories: 127.66kcal (6.38%), Fat: 3.14g (4.83%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 20.12g (7.32%), Sugar: 14.78g (16.42%), Cholesterol: 2.55mg (0.85%), Sodium: 365.68mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin A: 12809.06IU (256.18%), Vitamin C: 39.89mg (48.35%), Potassium: 497.95mg (14.23%), Manganese: 0.28mg (13.98%), Vitamin K: 13.92µg (13.26%),

Fiber: 3.29g (13.17%), Folate: 44.32µg (11.08%), Vitamin B1: 0.16mg (10.47%), Vitamin B6: 0.2mg (10.16%), Vitamin B2: 0.17mg (10%), Phosphorus: 85.12mg (8.51%), Calcium: 69.56mg (6.96%), Magnesium: 25.44mg (6.36%), Vitamin B3: 1.26mg (6.28%), Vitamin E: 0.92mg (6.13%), Copper: 0.1mg (4.92%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.52mg (3.49%), Iron: 0.57mg (3.15%), Vitamin B12: 0.12µg (1.97%), Selenium: 1.29µg (1.84%)