



## Ginger-Soy Carrot Soup

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds carrots peeled sliced chopped
- 1 quart chicken stock-in-a-box
- 1 chile pepper seeded chopped
- 4 servings chives finely chopped for garnish
- 4 large eggs
- 3 cloves garlic chopped
- 1 inch ginger root grated finely chopped
- 1 large onion chopped

- 4 servings salt and pepper black freshly ground
- 4 servings sesame oil toasted for garnish
- 4 servings sesame rolls toasted for dunking
- 0.3 cup tamari sauce
- 2 tablespoons vegetable oil extra-virgin
- 1 cup water

## Equipment

- bowl
- pot
- dutch oven
- immersion blender

## Directions

- Heat the extra-virgin olive oil in large Dutch oven over medium-high heat.
- Add the onions, garlic, ginger and chile pepper and sweat them out a few minutes. Stir in the carrots and tamari sauce, then cover the pot and cook for 7 to 8 minutes.
- Add the stock and bring to a boil. Reduce the heat and simmer the soup until the carrots are tender. Puree as smooth or chunky as you like with hand blender or in a processor, in batches. Season the soup with salt and pepper, to taste. Cool completely and store in the refrigerator for a make-ahead meal.
- Reheat, in a covered pot, over medium heat and serve in shallow bowls with a fried egg on top, cooked to your liking.
- Garnish each serving with chives or scallions and a drizzle of toasted sesame oil on top. Pass the toasted sesame rolls at the table, for dunking.

## Nutrition Facts



**PROTEIN 14.05%** **FAT 46.67%** **CARBS 39.28%**

## Properties

Glycemic Index:76.21, Glycemic Load:21.53, Inflammation Score:-10, Nutrition Score:31.318695731785%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

## Nutrients (% of daily need)

Calories: 589kcal (29.45%), Fat: 30.94g (47.6%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 50.29g (18.29%), Sugar: 20.39g (22.66%), Cholesterol: 193.1mg (64.37%), Sodium: 1592.93mg (69.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.93%), Vitamin A: 38334.52IU (766.69%), Vitamin K: 53.07µg (50.54%), Selenium: 33.07µg (47.25%), Vitamin B2: 0.74mg (43.37%), Vitamin B3: 8.6mg (43%), Vitamin C: 35.27mg (42.75%), Manganese: 0.78mg (38.95%), Vitamin B6: 0.73mg (36.73%), Potassium: 1250.97mg (35.74%), Vitamin B1: 0.53mg (35.03%), Folate: 134.81µg (33.7%), Fiber: 8.3g (33.2%), Phosphorus: 326.16mg (32.62%), Vitamin E: 3.54mg (23.58%), Iron: 4.24mg (23.53%), Calcium: 195.2mg (19.52%), Copper: 0.39mg (19.37%), Magnesium: 67.87mg (16.97%), Vitamin B5: 1.53mg (15.32%), Zinc: 2.05mg (13.66%), Vitamin B12: 0.53µg (8.83%), Vitamin D: 1µg (6.67%)