



Gingered Carrot Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups carrots peeled sliced
- ☐ 4 cups chicken stock see unsalted kitchen basics®
- ☐ 0.5 cup evaporated milk with less fat, use half and half) for an alternative
- ☐ 0.3 cup ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion minced

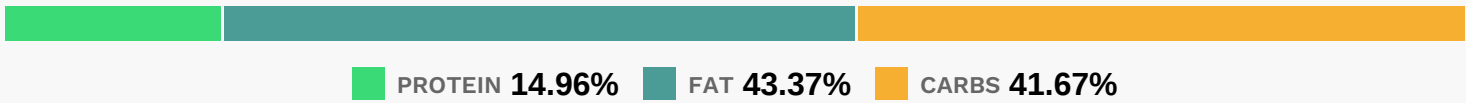
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat oil in heavy large saucepan over medium-high heat.
- ☐ Add onion, garlic and 1/4 cup minced ginger and saute until onion is translucent, about 8 minutes.
- ☐ Add 3 cups chicken stock and 4 cups sliced carrots. Cover and simmer until carrots are tender, about 30 minutes.
- ☐ Working in batches, puree mixture in blender or processor. Return soup to saucepan over low heat.
- ☐ Mix half and half and cumin. Season soup to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:4.76, Inflammation Score:-10, Nutrition Score:16.278695656554%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 258.79kcal (12.94%), Fat: 12.67g (19.49%), Saturated Fat: 3.25g (20.3%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 23.29g (8.47%), Sugar: 13.99g (15.54%), Cholesterol: 16.33mg (5.44%), Sodium: 467.1mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Vitamin A: 21468.29IU (429.37%), Vitamin B3: 5.2mg (25.98%), Potassium: 819.47mg (23.41%), Vitamin B2: 0.39mg (22.78%), Vitamin K: 21.9µg (20.85%), Vitamin B6: 0.39mg (19.58%), Phosphorus: 184.3mg (18.43%), Fiber: 4.09g (16.35%), Calcium: 141.16mg (14.12%), Vitamin E: 2mg (13.33%), Vitamin C: 10.89mg (13.2%), Vitamin B1: 0.2mg (13.18%), Manganese: 0.25mg

(12.69%), Copper: 0.22mg (10.96%), Folate: 43.36µg (10.84%), Magnesium: 37.93mg (9.48%), Selenium: 6.49µg (9.28%), Iron: 1.17mg (6.52%), Zinc: 0.96mg (6.42%), Vitamin B5: 0.6mg (5.96%)