

Herbed Carrot Soup



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 tablespoons butter
- ☐ 3 pounds carrots peeled sliced into 1/4-in.-thick rounds
- ☐ 2 tsp coarse kosher salt
- ☐ 1 cup crème fraîche sour
- ☐ 1 cup optional: dill fresh chopped
- ☐ 1 cup tarragon fresh chopped

- ☐ 6 cloves garlic coarsely chopped
- ☐ 0.3 cup heavy whipping cream
- ☐ 8 cups chicken broth reduced-sodium
- ☐ 2 medium onions sliced
- ☐ 0.3 cup rice long-grain (any variety)

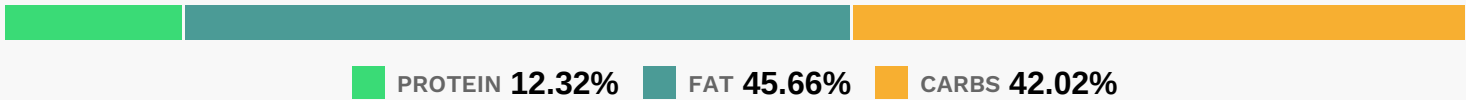
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large pot (at least 5 qts.) over medium-high heat, then add onions. Cook until onions are translucent, 5 to 7 minutes.
- ☐ Add garlic, carrots, bay leaf, rice, 2 tsp. salt, pepper, and chicken broth.
- ☐ Increase heat to high and bring to a boil, then reduce to medium-high and cook, uncovered, until carrots are tender, about 20 minutes.
- ☐ Remove from heat and let cool 10 minutes.
- ☐ Remove bay leaf and pure soup in batches in a blender. Return soup to pot and set over low heat.
- ☐ Add whipping cream and 2 cups water (if soup looks too thick, add a little more water) and cook until warmed through. Season to taste with additional salt.
- ☐ Serve soup hot, with crme frache or sour cream, dill, and tarragon.

Nutrition Facts



Properties

Glycemic Index:55.34, Glycemic Load:15.83, Inflammation Score:-10, Nutrition Score:26.602608784385%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 405.85kcal (20.29%), Fat: 21.85g (33.62%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 37.19g (13.52%), Sugar: 14.36g (15.96%), Cholesterol: 53.89mg (17.96%), Sodium: 1113.23mg (48.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.54%), Vitamin A: 39471.84IU (789.44%), Manganese: 1.36mg (68%), Potassium: 1452.51mg (41.5%), Vitamin B3: 7.7mg (38.51%), Vitamin C: 28.35mg (34.36%), Vitamin B6: 0.68mg (34.13%), Fiber: 8.05g (32.21%), Vitamin K: 32.24µg (30.7%), Vitamin B2: 0.47mg (27.53%), Iron: 4.9mg (27.21%), Phosphorus: 270.27mg (27.03%), Calcium: 266.88mg (26.69%), Folate: 89.07µg (22.27%), Copper: 0.39mg (19.52%), Magnesium: 76.48mg (19.12%), Vitamin B1: 0.22mg (14.41%), Vitamin E: 1.97mg (13.17%), Zinc: 1.64mg (10.91%), Vitamin B5: 0.99mg (9.86%), Vitamin B12: 0.43µg (7.11%), Selenium: 4.59µg (6.56%), Vitamin D: 0.16µg (1.06%)