



# Homemade Creamy Ramen Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 carrots
- 1 dash celery seed
- 1 tbsp olive oil extra virgin
- 4 cloves garlic
- 0.3 c flour gluten-free all-purpose
- 0.5 piece kombu
- 2 small onion
- 2 tsp poultry seasoning

- 0.5 c rice milk
- 4 ounces vermicelli
- 4 ounces vermicelli
- 2 tsp sea salt
- 2 tsp turmeric
- 4 c vegetable stock gluten-free organic
- 4 c water

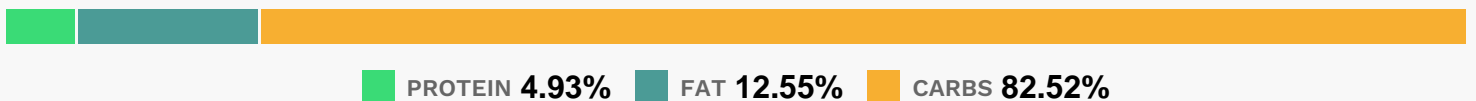
## Equipment

- food processor
- pot

## Directions

- In a food processor combine onions, carrots, and garlic and mince well. The pieces should be very small.
- Heat oil in a soup pot.
- Add minced vegetables and saute, mixing occasionally, until just soft [7 - 10 minutes].
- Add flour, poultry seasoning, turmeric, sea salt, and celery seed and stir constantly for about 30 seconds, coating the vegetables well.
- Pour in the broth and water.
- Add kombu if you are using it. Bring to boil and then simmer, covered, for 30 minutes. After 30 minutes, pour in non-dairy milk and noodles.
- Let simmer an additional 10 minutes or until noodles are soft.
- Remove from heat and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:87.21, Glycemic Load:33.63, Inflammation Score:-10, Nutrition Score:12.36347826087%

## Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

## Taste

Sweetness: 79.49%, Saltiness: 71.66%, Sourness: 38.72%, Bitterness: 100%, Savoriness: 32.69%, Fattiness: 21.32%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 339.86kcal (16.99%), Fat: 4.75g (7.3%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 70.22g (23.41%), Net Carbohydrates: 65.83g (23.94%), Sugar: 8.09g (8.99%), Cholesterol: 0mg (0%), Sodium: 2274.98mg (98.91%), Protein: 4.19g (8.39%), Vitamin A: 10712.41IU (214.25%), Manganese: 0.63mg (31.25%), Fiber: 4.39g (17.55%), Vitamin K: 16.74µg (15.95%), Selenium: 9.36µg (13.37%), Phosphorus: 128.57mg (12.86%), Iron: 1.85mg (10.26%), Vitamin B6: 0.2mg (10.19%), Vitamin C: 7.55mg (9.15%), Potassium: 312.3mg (8.92%), Copper: 0.15mg (7.49%), Calcium: 74.09mg (7.41%), Magnesium: 26.05mg (6.51%), Vitamin E: 0.97mg (6.44%), Vitamin B1: 0.08mg (5.64%), Folate: 22.08µg (5.52%), Zinc: 0.78mg (5.2%), Vitamin B3: 0.87mg (4.37%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.26mg (2.58%)