



## Honey-Gingered Carrot Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



448 kcal

SOUP

### Ingredients

- 0.3 teaspoon pepper black
- 3 cups fat-free less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh minced peeled
- 20 ounce honey green frozen thawed sliced (such as Giant)
- 0.5 cup onion frozen chopped
- 1 teaspoon orange rind grated

### Equipment

- food processor

- bowl
- sauce pan
- ladle
- blender

## Directions

- Combine first 6 ingredients in a large saucepan; bring to a boil. Reduce heat; simmer 2 minutes or until carrots are tender.
- Place half of soup mixture in a blender or food processor.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend 30 seconds or until smooth.
- Pour pureed mixture into a large bowl. Repeat procedure with remaining soup mixture. Ladle soup into bowls; garnish with yogurt and thyme sprigs, if desired.

## Nutrition Facts

■ PROTEIN **1.33%**
■ FAT **0.61%**
■ CARBS **98.06%**

## Properties

Glycemic Index:31.57, Glycemic Load:61.38, Inflammation Score:0, Nutrition Score:3.2930435008653%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 447.92kcal (22.4%), Fat: 0.33g (0.5%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 119.42g (39.81%), Net Carbohydrates: 118.68g (43.16%), Sugar: 117.51g (130.57%), Cholesterol: 0mg (0%), Sodium: 703.06mg (30.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Manganese: 0.18mg (8.89%), Selenium: 5µg (7.15%), Vitamin B3: 1.16mg (5.82%), Vitamin B12: 0.34µg (5.67%), Vitamin B2: 0.1mg (5.66%), Iron: 0.9mg (5.01%), Copper: 0.1mg (4.86%), Potassium: 163.97mg (4.68%), Vitamin B6: 0.09mg (4.29%), Vitamin C: 2.96mg (3.58%), Vitamin B5: 0.33mg (3.33%), Phosphorus: 31.09mg (3.11%), Fiber: 0.74g (2.97%), Zinc: 0.39mg (2.59%), Folate: 8.7µg (2.18%), Calcium: 21.55mg (2.16%), Magnesium: 7.61mg (1.9%), Vitamin B1: 0.02mg (1.49%)