



## Jamaican Carrot Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



225 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 bartlett pears--peeled firm cored ripe cut into 1/2-inch dice
- 1 bay leaf
- 2 pounds carrots sliced
- 6 cups chicken stock see low-sodium canned
- 0.3 cup flat-leaf parsley chopped
- 0.5 teaspoon ginger minced
- 0.1 teaspoon ground allspice
- 0.3 teaspoon ground allspice

- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lemon fresh
- 4 teaspoons juice of lemon fresh
- 0.1 teaspoon nutmeg freshly grated
- 1 large onion thinly sliced
- 1 large plantains ripe
- 1 small potatoes red peeled sliced
- 10 servings salt
- 10 servings salt and pepper freshly ground
- 4 large scallions thinly sliced
- 1 teaspoon soya sauce
- 1 teaspoon thyme leaves chopped
- 5 tablespoons butter unsalted
- 10 servings vegetable oil for frying
- 0.3 to seeded thinly sliced

## Equipment

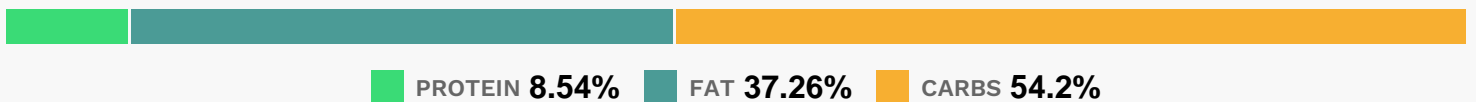
- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- oven
- blender

## Directions

- MAKE THE SOUP: Melt the butter in a large, heavy saucepan.
- Add the carrots and onion and season with salt and pepper. Cook over moderately low heat, stirring occasionally, until the vegetables are softened and golden, about 30 minutes.

- Add the scallions, Scotch bonnet, soy sauce, thyme, ginger, cumin, allspice and nutmeg and stir until fragrant, about 4 minutes.
- Add the stock, potato and bay leaf and bring to a boil. Cover and simmer over low heat until the potato is tender, about 25 minutes.
- Remove the soup from the heat and let stand for 10 minutes, then remove the bay leaf. Puree the soup in batches in a blender and return it to the saucepan. Season the soup with the lemon juice and salt and pepper.
- MAKE THE PEAR RELISH: In a medium bowl, toss the pears with the lemon juice. Fold in the parsley, allspice and nutmeg. Chill the relish.
- MAKE THE PLANTAIN CHIPS: Peel the plantain and thinly slice it on the diagonal. In a large skillet, heat 1/4 inch of oil until shimmering.
- Add half of the plantain slices and fry over moderate heat until golden brown and crisp, about 2 minutes per side.
- Drain on paper towels while you fry the rest. Season with salt just before serving.
- Reheat the soup. Ladle into shallow bowls and garnish with the cold pear relish.
- Serve with plantain chips.
- Make Ahead: The soup can be refrigerated for up to 3 days and the pear relish for 1 day. The plantains can be fried early in the day; reheat them in the oven.

## Nutrition Facts



## Properties

Glycemic Index:40.38, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:16.113478326279%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

## Nutrients (% of daily need)

Calories: 225.19kcal (11.26%), Fat: 9.83g (15.13%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 26.2g (9.53%), Sugar: 15.74g (17.49%), Cholesterol: 15.05mg (5.02%), Sodium: 534.71mg (23.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 15793.89IU (315.88%), Vitamin K: 71.37µg (67.97%), Vitamin C: 20.3mg (24.61%), Fiber: 5.98g (23.93%), Potassium: 717.21mg (20.49%), Vitamin B3: 3.4mg (16.98%), Vitamin B6: 0.26mg (13.06%), Manganese: 0.26mg (12.89%), Copper: 0.23mg (11.33%), Phosphorus: 110.57mg (11.06%), Folate: 41.28µg (10.32%), Vitamin B2: 0.15mg (8.9%), Magnesium: 32.37mg (8.09%), Vitamin E: 1.16mg (7.7%), Vitamin B1: 0.11mg (7.29%), Iron: 1.3mg (7.24%), Calcium: 61.17mg (6.12%), Vitamin B5: 0.43mg (4.27%), Zinc: 0.61mg (4.05%), Vitamin B12: 0.15µg (2.56%), Selenium: 0.74µg (1.05%)