



Light and Refreshing Chilled Carrot Soup



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 lb young carrots [look with healthy, leafy green tops] for bunches
- ☐ 15 leaves nori seaweed dried (or other Japanese seaweed if you cannot get nori)
- ☐ 2 medium onions
- ☐ 6 servings sea salt and pepper black freshly ground to taste
- ☐ 7.5 cups gluten and wheat free vegetable stock [homemade]

Equipment

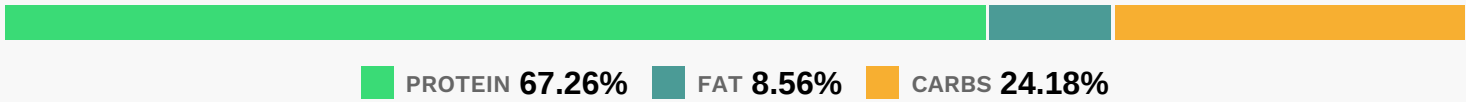
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ blender
- ☐ kitchen scissors

Directions

☐ Peel and slice the onions roughly. Trim and scrape the carrot and cut in thick slices. Put both in a pan with the stock, bring to the boil and simmer, covered, for 25–30 minutes or until the carrots are soft. Purée in a food processor [or blender] then return to the pan or a bowl. With scissors cut the nori into very thin strips and stir into the soup while it is still warm. Season to taste with salt and pepper then chill. Before serving, adjust seasoning again as it may need a little more when chilled.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:8.0639130071453%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 222.46kcal (11.12%), Fat: 2.2g (3.39%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 11.25g (4.09%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 819.33mg (35.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.96g (77.93%), Vitamin C: 34.38mg (41.67%), Vitamin A: 1634.23IU (32.68%), Iron: 3.17mg (17.61%), Folate: 59.58µg (14.9%), Manganese: 0.28mg (13.96%), Fiber: 2.76g (11.02%), Potassium: 291.31mg (8.32%), Vitamin B6: 0.15mg (7.71%), Phosphorus: 63.84mg (6.38%), Vitamin B2: 0.09mg (5.14%), Magnesium: 18.44mg (4.61%), Copper: 0.09mg (4.42%), Vitamin B3: 0.81mg (4.04%), Vitamin B1: 0.06mg (3.94%), Calcium: 27.83mg (2.78%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.22mg (2.18%), Selenium: 0.73µg (1.05%)