



Lightly spiced carrot soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove chopped
- ☐ 1 knob ginger fresh grated
- ☐ 1 to 5 chillies red deseeded chopped
- ☐ 1 tsp curry powder
- ☐ 1 kg carrots trimmed sliced
- ☐ 2 lemon grass

- ☐ 2 strips orange zest
- ☐ 400 g coconut milk canned
- ☐ 700 ml vegetable stock

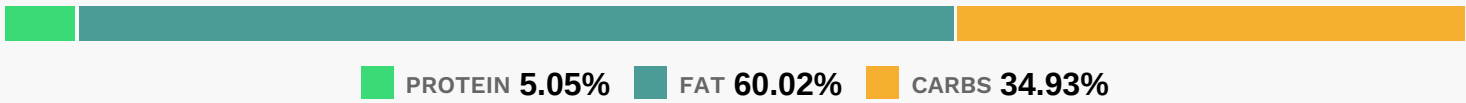
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat the oil in a large pan with a lid. Tip in the onion, garlic, ginger and chilli, then cook for 3–5 mins until soft. Stir in the curry powder, followed by the carrots, lemongrass and zest, then cover and cook over a low heat for 10 mins more.
- ☐ Give the coconut milk can a shake, then pour most of it into the pan along with the vegetable stock. Bring to the boil, then turn down and simmer for 15 mins until the carrots are really soft.
- ☐ Remove the lemongrass and orange zest, then use a stick blender or food processor to whizz until smooth. Ladle into bowls and top with a swirl of reserved coconut milk and an extra sprinkling of curry powder, if you like.

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:6.64, Inflammation Score:-10, Nutrition Score:17.35869561071%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 261.77kcal (13.09%), Fat: 18.64g (28.68%), Saturated Fat: 14.49g (90.54%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 17.69g (6.43%), Sugar: 12.3g (13.67%), Cholesterol: 0mg (0%), Sodium: 590.33mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin A: 28166.76IU (563.34%), Manganese: 1mg (49.84%), Vitamin C: 24.53mg (29.74%), Fiber: 6.72g (26.87%), Vitamin K: 27.7µg (26.38%), Potassium: 780.18mg (22.29%), Vitamin B6: 0.32mg (16.21%), Copper: 0.28mg (13.92%), Phosphorus: 137.28mg (13.73%), Magnesium: 50.34mg (12.59%), Folate: 49.44µg (12.36%), Vitamin B3: 2.3mg (11.49%), Iron: 1.96mg (10.87%), Vitamin E: 1.52mg (10.11%), Vitamin B1: 0.14mg (9.64%), Calcium: 75.08mg (7.51%), Vitamin B2: 0.11mg (6.6%), Selenium: 4.57µg (6.53%), Zinc: 0.96mg (6.37%), Vitamin B5: 0.62mg (6.2%)