

• RELIEVE HEADACHES AND ANXIETY

• SLEEP WELL AND RESTORE YOUR ABILITY TO RELAX

• CONTROL YOUR WEIGHT

4-WEEK
DIET AND
LIFESTYLE

Low-Fat Carrot Ginger Soup

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



32 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 package carrots frozen
- ☐ 1 cube chicken bouillon
- ☐ 1 tsp ginger grated
- ☐ 1 tsp honey
- ☐ 0.5 cup skim milk
- ☐ 1.5 cup water hot

Equipment

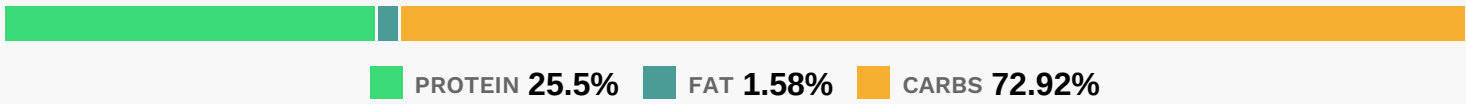
- ☐ blender

☐ microwave

Directions

- ☐ In a blender put 1 package of frozen carrots, hot water, 1 cube vegetable or chicken bouillon, skim milk, grated ginger, and honey. Puree and warm in microwave for 2 minutes.
- ☐ From The Super
- ☐ Stress Solution.com

Nutrition Facts



Properties

Glycemic Index:73.68, Glycemic Load:2.54, Inflammation Score:-2, Nutrition Score:2.3473913016851%

Nutrients (% of daily need)

Calories: 32.49kcal (1.62%), Fat: 0.06g (0.09%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 6.07g (2.21%), Sugar: 6.01g (6.68%), Cholesterol: 1.84mg (0.61%), Sodium: 36.6mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Calcium: 86.74mg (8.67%), Phosphorus: 66.21mg (6.62%), Vitamin B12: 0.36µg (5.92%), Vitamin B2: 0.08mg (4.84%), Vitamin D: 0.67µg (4.49%), Vitamin A: 208.48IU (4.17%), Potassium: 109.89mg (3.14%), Magnesium: 9.69mg (2.42%), Vitamin B1: 0.03mg (2.33%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.31mg (2.04%), Vitamin B6: 0.04mg (1.93%), Selenium: 1.26µg (1.8%), Copper: 0.03mg (1.67%)