



## Moroccan Carrot Soup



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 1 pound carrots peeled cut into 1/2-inch dice ( 2 2/3 cups)
- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2.5 cups chicken broth
- ☐ 0.5 cup yogurt plain

☐ 1 cup onion white chopped

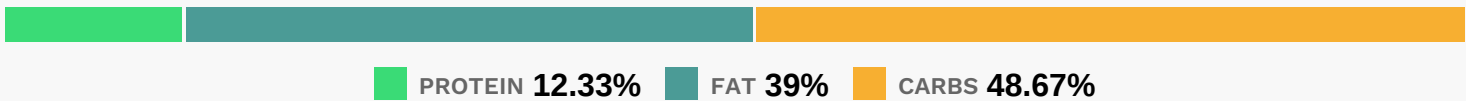
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ blender

## Directions

- ☐ Melt butter in large saucepan over medium-high heat.
- ☐ Add onion; sauté 2 minutes.
- ☐ Mix in carrots.
- ☐ Add broth; bring to boil. Reduce heat, cover, and simmer until carrots are very tender, about 20 minutes.
- ☐ Stir cumin seeds in small skillet over medium-high heat until fragrant, 4 to 5 minutes; cool. Finely grind in spice mill.
- ☐ Remove soup from heat. Puree in batches in blender until smooth. Return to same pan.
- ☐ Whisk in honey, lemon juice, and all spice. Season with salt and pepper.
- ☐ Ladle soup into bowls.
- ☐ Drizzle yogurt over; sprinkle generously with cumin.
- ☐ Per serving: 154.7 kcal calories, 42.1 % calories from fat, 7.2 g fat, 4.5 g saturated fat, 22.1 mg cholesterol, 18.7 g carbohydrates, 3.
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:53.78, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:12.750434837264%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 174.18kcal (8.71%), Fat: 8.04g (12.38%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 18.63g (6.77%), Sugar: 13.05g (14.5%), Cholesterol: 19.03mg (6.34%), Sodium: 184.72mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Vitamin A: 19160.27IU (383.21%), Potassium: 615.35mg (17.58%), Vitamin B3: 3.25mg (16.26%), Fiber: 3.96g (15.85%), Vitamin K: 15.72µg (14.97%), Phosphorus: 130.44mg (13.04%), Vitamin C: 10.4mg (12.6%), Manganese: 0.25mg (12.31%), Vitamin B6: 0.23mg (11.72%), Vitamin B2: 0.17mg (10.08%), Calcium: 99.04mg (9.9%), Folate: 31.95µg (7.99%), Copper: 0.15mg (7.68%), Vitamin B1: 0.11mg (7.17%), Iron: 1.28mg (7.09%), Magnesium: 25.91mg (6.48%), Vitamin E: 0.96mg (6.43%), Vitamin B5: 0.49mg (4.91%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.27µg (4.55%), Selenium: 1.14µg (1.63%)