



Moroccan Carrot Soup

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



349 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 1 cup onion yellow chopped
- 1 pound carrots peeled cut in ½- inch dice (2 □ cups)
- 2.5 cups chicken stock low-sodium
- 1.5 teaspoons cumin seeds
- 1 tablespoon honey
- 1 tablespoon juice of lemon fresh
- 0.1 teaspoon allspice

- 2 servings salt and pepper
- 0.5 cup yogurt plain sour for garnish

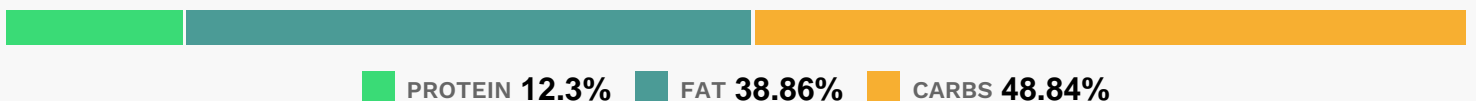
Equipment

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

Directions

- Melt butter in a large sauce pan over medium-high heat.
- Add onion; saute for 2 minutes.
- Mix in carrots and broth. Bring to boil. Reduce heat, cover and simmer until carrots are very tender, about 20 minutes.
- Stir cumin seeds in a small skillet over medium-high heat until fragrant, about 4 5 minutes. Finely grind in a spice mill.
- Remove soup from heat. Puree in batches in a blender until smooth. Return to sauce pan.
- Whisk in honey, lemon juice and allspice. Season with salt and pepper.
- Ladle soup into bowl.
- Sprinkle with toasted cumin, or mix cumin and sour cream in a small bowl and dollop on top.
- Serve.

Nutrition Facts



Properties

Glycemic Index:107.55, Glycemic Load:13.94, Inflammation Score:-10, Nutrition Score:21.304782608696%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 16.74mg, Quercetin: 16.74mg, Quercetin: 16.74mg, Quercetin: 16.74mg

Taste

Sweetness: 100%, Saltiness: 32.44%, Sourness: 48.33%, Bitterness: 63.94%, Savoriness: 3.77%, Fattiness: 27.53%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 349.45kcal (17.47%), Fat: 16.1g (24.77%), Saturated Fat: 9.14g (57.15%), Carbohydrates: 45.53g (15.17%), Net Carbohydrates: 37.59g (13.67%), Sugar: 26.23g (29.15%), Cholesterol: 38.06mg (12.69%), Sodium: 563.29mg (24.49%), Protein: 11.47g (22.93%), Vitamin A: 38320.84IU (766.42%), Potassium: 1235.9mg (35.31%), Vitamin B3: 6.51mg (32.54%), Fiber: 7.94g (31.75%), Vitamin K: 31.44µg (29.94%), Vitamin C: 22.73mg (27.55%), Phosphorus: 261.27mg (26.13%), Manganese: 0.49mg (24.67%), Vitamin B6: 0.47mg (23.56%), Vitamin B2: 0.34mg (20.2%), Calcium: 198.51mg (19.85%), Folate: 64.9µg (16.23%), Copper: 0.31mg (15.4%), Vitamin B1: 0.22mg (14.42%), Iron: 2.56mg (14.21%), Magnesium: 52.12mg (13.03%), Vitamin E: 1.94mg (12.9%), Vitamin B5: 0.99mg (9.88%), Zinc: 1.45mg (9.67%), Vitamin B12: 0.55µg (9.09%), Selenium: 2.29µg (3.27%)