



Norene Gilletz's Carrot and Sweet Potato Soup



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



10

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 1.5 lbs carrots cut in chunks (4 cups)
- ☐ 1 stalks celery cut in chunks
- ☐ 10 servings purple gel food coloring (optional- recommended)
- ☐ 2 tbsp basil fresh
- ☐ 2 tbsp optional: dill fresh
- ☐ 1 tbsp ginger fresh peeled
- ☐ 2 cloves garlic

- ☐ 1 tbsp honey to taste (or – omit to make soup vegan)
- ☐ 1 tbsp juice of lemon fresh to taste (or)
- ☐ 1 tbsp olive oil
- ☐ 1 large onion cut in chunks
- ☐ 1 medium potatoes
- ☐ 2 tsp salt to taste (or)
- ☐ 2 medium sweet potatoes and into
- ☐ 8 cups vegetable stock

Equipment

- ☐ food processor
- ☐ pot
- ☐ immersion blender

Directions

- ☐ Save Recipe
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- ☐ Norene Gilletz's Carrot and Sweet Potato Soup
- ☐ Ingredients2 cloves garlic1 slice fresh ginger, peeled (about 1 tbsp)1 large onion, cut in chunks1–2 stalks celery, cut in chunks1 tbsp olive oil1 1/2 lbs carrots, cut in chunks (4 cups)2 medium sweet potatoes1 medium potato8 cups water or vegetable broth2 tsp salt (or to taste)Freshly ground black pepper to taste2 tbsp fresh basil2 tbsp fresh dill1–2 tbsp fresh lemon juice (or to taste)1–2 tbsp honey (or to taste – omit to make soup vegan)Sprigs of fresh dill for garnish (optional)You will also need
 - ☐ Food processor, large soup pot, immersion blender (optional– recommended)
 - ☐ Prep Time: 20 Minutes
 - ☐ Cook Time: 35 Minutes
 - ☐ Total Time: 55 Minutes
 - ☐ Servings: 10
 - ☐ Kosher Key: Pareve

Nutrition Facts



PROTEIN 6.64% FAT 11.86% CARBS 81.5%

Properties

Glycemic Index:50.69, Glycemic Load:11.78, Inflammation Score:-10, Nutrition Score:11.379130503406%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 120.25kcal (6.01%), Fat: 1.65g (2.54%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 21.39g (7.78%), Sugar: 9.35g (10.39%), Cholesterol: 0mg (0%), Sodium: 1294.42mg (56.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin A: 18271.55IU (365.43%), Vitamin K: 17.68µg (16.84%), Fiber: 4.13g (16.52%), Manganese: 0.31mg (15.64%), Potassium: 505.72mg (14.45%), Vitamin B6: 0.28mg (14.22%), Vitamin C: 11.64mg (14.11%), Vitamin B1: 0.11mg (7.15%), Copper: 0.14mg (7.01%), Magnesium: 27.92mg (6.98%), Folate: 27.03µg (6.76%), Vitamin B5: 0.65mg (6.51%), Phosphorus: 64.79mg (6.48%), Vitamin B3: 1.2mg (6.01%), Vitamin E: 0.8mg (5.33%), Vitamin B2: 0.08mg (4.91%), Calcium: 48.17mg (4.82%), Iron: 0.78mg (4.31%), Zinc: 0.42mg (2.8%)