Orange, carrot & mint soup

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
60 min.	4	204 kcal

SOUP ANTIPASTI STARTER SNACK

Ingredients

- [ ] 1 large knob butter
- [ ] 700 g carrots peeled thinly sliced
- [ ] 1 large onion thinly sliced
- [ ] 1 large garlic clove crushed
- [ ] 1 l vegetable stock light
- [ ] 125 ml orange juice freshly squeezed
- [ ] 2 tbsp mint leaves fresh finely chopped
- [ ] 4 servings double cream for drizzling - optional

Equipment

- [ ] food processor
- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] sieve
- [ ] blender

Directions

- [ ] Melt the butter gently in a medium saucepan then add the carrots, onion and garlic. Cover with a lid and leave over a low heat, stirring occasionally, until the vegetables have softened but not coloured (about 12 minutes).
- [ ] Pour in the stock and sprinkle in a little salt (if using a cube, hold back on the salt and adjust it at the end). Bring to the boil and simmer, partially covered, for 20-30 minutes or until the vegetables are very soft. Take off the heat and leave to cool for a few minutes.
- [ ] Strain the vegetables through a sieve set over a bowl. Reserve the liquid.
- [ ] Transfer the vegetables to a food processor or blender. Process until smooth, adding enough of the strained liquid to make the mixture turn easily in the machine. Set the sieve over the cleaned pan and push the pured vegetables through (this step is not essential but gives the soup a very smooth finish).
- [ ] Pour in the liquid and stir well to blend.
- [ ] Tip in the orange juice and mint and gently reheat the soup. Stir and taste to see if more salt is needed, then pour into warmed bowls. If you like the idea of the cream, drizzle a little over the top.

Nutrition Facts

PROTEIN **5.27%** FAT **42.98%** CARBS **51.75%**

Properties

Glycemic Index:62.71, Glycemic Load:9.57, Inflammation Score:-10, Nutrition Score:14.572608691195%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 204.23kcal (10.21%), Fat: 10.21g (15.7%), Saturated Fat: 6.23g (38.94%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 21.97g (7.99%), Sugar: 15.2g (16.88%), Cholesterol: 28.24mg (9.41%), Sodium: 1154.05mg (50.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin A: 30216.44IU (604.33%), Vitamin C: 30.06mg (36.43%), Vitamin K: 24.14µg (22.99%), Fiber: 5.68g (22.73%), Potassium: 703.33mg (20.1%), Manganese: 0.33mg (16.27%), Vitamin B6: 0.32mg (15.77%), Folate: 51.89µg (12.97%), Vitamin B1: 0.17mg (11.18%), Vitamin B3: 1.93mg (9.63%), Vitamin E: 1.44mg (9.57%), Vitamin B2: 0.15mg (9.08%), Phosphorus: 89.39mg (8.94%), Calcium: 84.44mg (8.44%), Magnesium: 30.34mg (7.58%), Vitamin B5: 0.64mg (6.37%), Copper: 0.11mg (5.72%), Iron: 0.74mg (4.1%), Zinc: 0.56mg (3.72%), Vitamin D: 0.24µg (1.6%), Selenium: 1µg (1.43%)