



Organic Carrot Soup with Ginger Essence



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrot juice fresh
- ☐ 2.5 pounds carrots organic chopped
- ☐ 1 tablespoon chives chopped
- ☐ 3.5 teaspoons ginger fresh minced
- ☐ 4 servings pepper black
- ☐ 1 cup leek white thinly sliced (part only)
- ☐ 1 tablespoon lemon grass dried fresh chopped (or 2 teaspoons , tied in a piece of cheesecloth)
- ☐ 1.5 tablespoons olive oil

- ☐ 0.5 cup cream light sour for garnish
- ☐ 2 cups vegetable stock

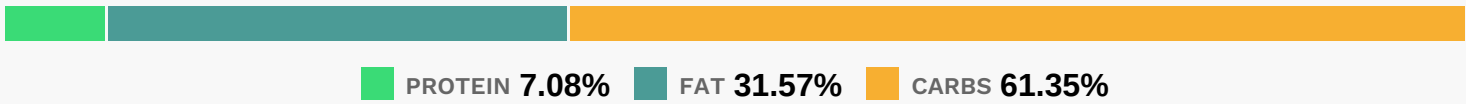
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Heat oil in a heavy-bottomed large stockpot on high heat until hot. Cook leeks and onion 2 to 3 minutes.
- ☐ Add carrots and 2 tbsp water. Cook, covered, 10 minutes, stirring occasionally.
- ☐ Add stock, lemongrass and 1 1/2 teaspoons ginger. Simmer about 30 minutes.
- ☐ Let mixture cool for 10 minutes, then pour into a food processor and purée.
- ☐ Add carrot juice and strain through a fine-mesh sieve. Discard pulp. (If not serving immediately, cool and refrigerate liquid.)
- ☐ Add sour cream and remaining 2 teaspoons ginger to strained liquid. Stir until completely incorporated.
- ☐ Heat 3 or 4 minutes over medium-low heat or serve cold. Season with pepper. Divide among 4 bowls.
- ☐ Garnish with chives and 1 tsp each sour cream.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:64.71, Glycemic Load:12.77, Inflammation Score:-10, Nutrition Score:21.698260924091%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 247.9kcal (12.4%), Fat: 9.16g (14.09%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 31.17g (11.34%), Sugar: 17.72g (19.69%), Cholesterol: 10.06mg (3.35%), Sodium: 733.31mg (31.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Vitamin A: 59392.63IU (1187.85%), Vitamin K: 62.09µg (59.13%), Fiber: 8.89g (35.56%), Potassium: 1200.37mg (34.3%), Manganese: 0.67mg (33.7%), Vitamin C: 25.23mg (30.58%), Vitamin B6: 0.58mg (29.1%), Vitamin E: 3.61mg (24.06%), Folate: 75.56µg (18.89%), Vitamin B1: 0.27mg (17.88%), Calcium: 163.66mg (16.37%), Vitamin B3: 3.16mg (15.78%), Phosphorus: 154.65mg (15.47%), Vitamin B2: 0.24mg (14.2%), Magnesium: 53.37mg (13.34%), Iron: 1.77mg (9.85%), Copper: 0.2mg (9.79%), Vitamin B5: 0.95mg (9.48%), Zinc: 1mg (6.64%), Selenium: 1.78µg (2.55%), Vitamin B12: 0.12µg (2.01%)