



Potato-Carrot Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baking potato cubed peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 6 medium carrots cut into 2-inch pieces
- ☐ 2 stalks celery cut into 2-inch pieces
- ☐ 0.3 cup parsley fresh minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup onion coarsely chopped
- ☐ 0.5 teaspoon paprika

- ☐ 0.3 teaspoon salt
- ☐ 4.5 cups water

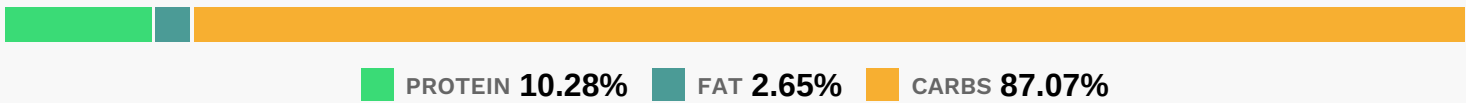
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, 40 minutes or until vegetables are tender.
- ☐ Pour half of mixture into container of an electric blender; cover and process until smooth. Repeat procedure with remaining vegetable mixture. Return pureed mixture to saucepan; add parsley and remaining ingredients. Cook until thoroughly heated.
- ☐ Serve warm, or cover and chill.

Nutrition Facts



Properties

Glycemic Index:50.26, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:13.467826068401%

Flavonoids

Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 98.98kcal (4.95%), Fat: 0.31g (0.47%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 19.19g (6.98%), Sugar: 4.71g (5.24%), Cholesterol: 0mg (0%), Sodium: 164.91mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin A: 10562.3IU (211.25%), Vitamin K: 54.73µg (52.12%), Vitamin B6: 0.39mg (19.7%), Potassium: 603.66mg (17.25%), Vitamin C: 13.65mg (16.55%), Fiber: 3.53g (14.12%), Manganese: 0.27mg (13.62%), Folate: 35.98µg (9%), Magnesium: 32.37mg (8.09%), Vitamin B1: 0.12mg (8.02%), Copper: 0.16mg (7.75%), Phosphorus: 76.09mg (7.61%), Vitamin B3: 1.51mg (7.55%), Iron: 1.12mg (6.21%), Calcium:

51.07mg (5.11%), Vitamin B5: 0.47mg (4.75%), Vitamin B2: 0.08mg (4.72%), Vitamin E: 0.53mg (3.55%), Zinc:
0.48mg (3.22%)