

# Pressure Cooker Cream of Carrot Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



16

CALORIES



276 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 cups baby carrots
- 0.3 cup butter
- 1.5 cups celery roughly chopped
- 0.5 teaspoon mild curry powder
- 8 cloves garlic
- 6 green onions chopped
- 16 servings salt and ground pepper black to taste
- 4 cups heavy whipping cream

- 2.5 cups onions diced
- 16 servings salt to taste
- 10 cups vegetable stock
- 1 large yukon gold potatoes diced peeled

## Equipment

- stove
- immersion blender
- pressure cooker

## Directions

- Melt butter in a pressure cooker over medium heat; cook and stir onions and salt in the hot butter until onions become translucent, about 10 minutes.
- Add potato, celery, green onions, and garlic; cook until slightly tender, 3 to 5 minutes.
- Add carrots and vegetable stock; increase heat to high.
- Place lid on pressure cooker and lock. Set valve to 15 pounds per square inch (psi) or 'high', depending on model; bring to pressure. Reduce heat to medium-high and cook for 7 minutes.
- Transfer pressure cooker to sink; pour cold water over the cooker to release pressure. Return cooker to stove and remove the lid. Stir cream and curry powder into soup. Puree soup with an immersion blender until completely smooth. Season with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:21.05, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:10.212173855823%

## Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg,

Quercetin: 5.69mg

## Nutrients (% of daily need)

Calories: 275.51kcal (13.78%), Fat: 24.5g (37.69%), Saturated Fat: 15.54g (97.14%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 10.53g (3.83%), Sugar: 6.66g (7.41%), Cholesterol: 74.86mg (24.95%), Sodium: 867.84mg (37.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin A: 7984.72IU (159.69%), Vitamin K: 19.31µg (18.39%), Fiber: 2.4g (9.59%), Manganese: 0.18mg (8.98%), Vitamin B2: 0.15mg (8.91%), Vitamin C: 7.16mg (8.68%), Potassium: 297.75mg (8.51%), Vitamin B6: 0.16mg (8.1%), Calcium: 73.11mg (7.31%), Folate: 28.34µg (7.09%), Phosphorus: 68.72mg (6.87%), Vitamin D: 0.95µg (6.35%), Vitamin E: 0.7mg (4.68%), Vitamin B5: 0.45mg (4.47%), Copper: 0.09mg (4.46%), Iron: 0.76mg (4.24%), Magnesium: 16.63mg (4.16%), Selenium: 2.7µg (3.86%), Vitamin B1: 0.05mg (3.61%), Vitamin B3: 0.52mg (2.58%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.1µg (1.69%)