



Red Curry Carrot Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon basil finely chopped



1 tablespoon canola oil



6 large carrots sliced cut into fine matchsticks



4 cups chicken stock see low-sodium canned



1 tablespoon cilantro leaves



2 slices ginger fresh peeled thin



0.8 teaspoon curry paste red (see Note)



4 servings salt and pepper freshly ground

- ☐ 1 scallion cut into matchsticks
- ☐ 0.3 cup coconut milk unsweetened
- ☐ 2 cups water
- ☐ 1 medium onion white finely chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat the oil in a large saucepan.
- ☐ Add the sliced carrots and ginger and cook over moderately high heat, stirring, until the carrots are crisp-tender and lightly browned, 6 to 7 minutes.
- ☐ Add the onion and cook until softened but not browned, about 2 minutes.
- ☐ Add the chicken stock, water, coconut milk and curry paste to the saucepan and bring to a boil. Simmer over moderate heat until the carrots are tender, about 25 minutes. Strain the cooking liquid into another saucepan, reserving the solids; discard the ginger.
- ☐ Transfer the carrots to a blender and puree with 1 cup of the cooking liquid until very smooth. Return the puree to the cooking liquid, add the carrot matchsticks and cook until tender, about 3 minutes. Season with salt and pepper. Ladle the soup into bowls, sprinkle with the scallion, cilantro and basil and serve.
- ☐ Make Ahead: The soup can be refrigerated for up to 1 day.
- ☐ Wine Recommendation: To contrast with the coconut milk, ginger and red curry paste in this soup, try an aromatic, fruity California white, such as the 1997 Trefethen Dry Riesling or the 1997 Pine Ridge Chenin Blanc.
- ☐ Notes: Red curry paste is available at Asian groceries and by mail order from The CMC Company (800-CMC-2780).

Nutrition Facts



 PROTEIN **14.16%**  FAT **48.57%**  CARBS **37.27%**

Properties

Glycemic Index:55.71, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:13.796521725862%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 172.96kcal (8.65%), Fat: 10.05g (15.46%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 13.28g (4.83%), Sugar: 7.42g (8.24%), Cholesterol: 0mg (0%), Sodium: 349.82mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Vitamin A: 18253.72IU (365.07%), Vitamin K: 25.48µg (24.26%), Vitamin B3: 4.51mg (22.54%), Manganese: 0.39mg (19.34%), Potassium: 655.78mg (18.74%), Fiber: 4.07g (16.3%), Phosphorus: 138.35mg (13.84%), Copper: 0.26mg (12.94%), Vitamin C: 9.78mg (11.85%), Vitamin B6: 0.22mg (10.83%), Vitamin E: 1.39mg (9.24%), Vitamin B2: 0.14mg (8.48%), Folate: 31.38µg (7.84%), Iron: 1.3mg (7.22%), Magnesium: 28.03mg (7.01%), Calcium: 62.86mg (6.29%), Vitamin B1: 0.09mg (6.08%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.24µg (3.93%), Vitamin B5: 0.37mg (3.71%), Selenium: 1.51µg (2.16%)