



Roasted Carrot and Cauliflower Curried Soup

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

132 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 carrots peeled chopped
- ☐ 0.5 head cauliflower trimmed chopped
- ☐ 1 cup coconut milk
- ☐ 1 tablespoon curry powder
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 juice of lime juiced
- ☐ 1.5 teaspoons olive oil

- ☐ 1 teaspoon salt
- ☐ 3 cups vegetable broth

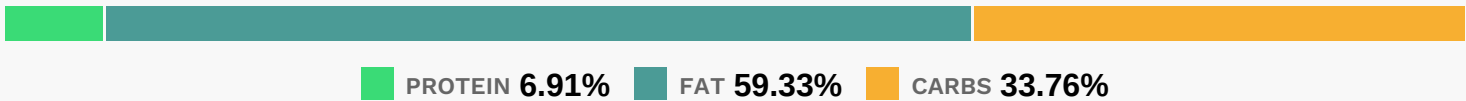
Equipment

- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ potato masher
- ☐ immersion blender

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place carrots and cauliflower in a casserole dish; toss with olive oil, garlic, salt, and black pepper.
- ☐ Roast carrot mixture in the preheated oven for 20 minutes; stir and roast until vegetables are tender and slightly charred, another 25 minutes.
- ☐ Remove from oven and stir.
- ☐ Bring vegetable broth to a boil in a large pot. Stir in curry powder and add the roasted vegetables. Cover and boil soup until vegetables are soft, 8 to 10 minutes.
- ☐ Remove from heat.
- ☐ Blend the soup with a potato masher or an immersion blender until smooth. Return pot to burner on medium heat. Stir coconut milk and lime juice into soup; simmer until heated through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:47.97, Glycemic Load:4.24, Inflammation Score:-10, Nutrition Score:12.903478311456%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 132.11kcal (6.61%), Fat: 9.47g (14.57%), Saturated Fat: 7.37g (46.08%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 9.01g (3.28%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 919.77mg (39.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin A: 10453.96IU (209.08%), Vitamin C: 28.25mg (34.24%), Manganese: 0.55mg (27.72%), Vitamin K: 17.66µg (16.82%), Potassium: 448.22mg (12.81%), Fiber: 3.11g (12.45%), Folate: 46.05µg (11.51%), Iron: 1.98mg (11.02%), Vitamin B6: 0.21mg (10.44%), Magnesium: 35.4mg (8.85%), Phosphorus: 84.49mg (8.45%), Copper: 0.15mg (7.33%), Vitamin B3: 1.13mg (5.66%), Vitamin B5: 0.56mg (5.57%), Vitamin E: 0.81mg (5.43%), Vitamin B1: 0.08mg (5.2%), Calcium: 46.12mg (4.61%), Vitamin B2: 0.07mg (4.06%), Zinc: 0.55mg (3.64%)