



Roasted Carrot Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



100 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 teaspoon butter
- ☐ 4 teaspoons butter melted
- ☐ 2 pounds carrots cut into 2-inch pieces
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 tablespoons honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 29 ounce vegetable broth canned

- ☐ 1.5 cups water
- ☐ 2 teaspoons or dried fresh chopped
- ☐ 2 teaspoons or dried fresh chopped

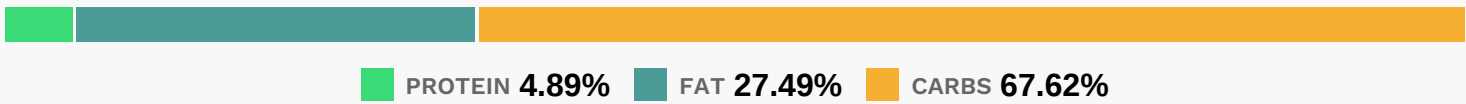
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine 4 teaspoons melted butter, 1/4 teaspoon pepper, and carrots in a jelly roll pan or shallow roasting pan coated with cooking spray; toss to coat.
- ☐ Bake at 400 for 35 minutes or until tender, stirring every 10 minutes.
- ☐ Place the carrot mixture, water, and oregano in a food processor, and process until smooth.
- ☐ Melt 1 teaspoon butter in a large saucepan over medium heat.
- ☐ Add the ground cumin, and cook 30 seconds or until fragrant, stirring constantly.
- ☐ Add pureed carrot mixture, 1/4 teaspoon pepper, honey, juice, and broth, and bring to a simmer over medium heat.

Nutrition Facts



Properties

Glycemic Index:40.16, Glycemic Load:6.75, Inflammation Score:-10, Nutrition Score:9.9843478685488%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol:

0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 99.72kcal (4.99%), Fat: 3.25g (4.99%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 14.27g (5.19%), Sugar: 10.88g (12.09%), Cholesterol: 7.68mg (2.56%), Sodium: 585.21mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin A: 21993.69IU (439.87%), Vitamin K: 17.61µg (16.77%), Fiber: 3.7g (14.79%), Potassium: 424.87mg (12.14%), Manganese: 0.21mg (10.61%), Vitamin C: 8.32mg (10.09%), Vitamin B6: 0.18mg (9.09%), Vitamin B3: 1.29mg (6.46%), Vitamin E: 0.95mg (6.33%), Folate: 25.07µg (6.27%), Vitamin B1: 0.09mg (5.82%), Calcium: 47.68mg (4.77%), Phosphorus: 47.63mg (4.76%), Vitamin B2: 0.08mg (4.66%), Magnesium: 17.16mg (4.29%), Vitamin B5: 0.37mg (3.65%), Copper: 0.07mg (3.59%), Iron: 0.52mg (2.88%), Zinc: 0.34mg (2.26%)