



Rockin Carrot, Sweet Potato, and Ginger Soup

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon bacon grease
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 1.5 cups carrots roughly chopped
- 2 cups chicken stock see
- 3 sprigs thyme leaves fresh divided
- 2 tablespoons ginger paste
- 1 pinch ground cinnamon

- 6 servings salt and ground pepper black to taste
- 2 tablespoons half-and-half
- 0.3 juice of orange juiced to taste
- 0.5 onion diced
- 1 cup sweet potatoes and into roughly chopped

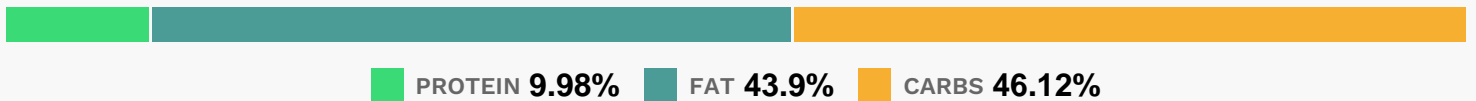
Equipment

- pot
- immersion blender

Directions

- Heat butter and bacon grease in a large pot over medium heat; cook and stir carrots and onion in the melted butter-bacon grease mixture until onion is translucent, 5 to 10 minutes. Season with salt and pepper.
- Add 1/2 the thyme to carrot-onion mixture; cook and stir until thyme is fragrant, 10 to 15 seconds.
- Stir chicken stock, sweet potato, ginger paste, remaining thyme, salt, and pepper into carrot-onion mixture. Bring to a boil, reduce heat, and simmer until sweet potato is soft and flavors of soup have blended, 15 to 20 minutes.
- Mix orange juice, brown sugar, and cinnamon into soup.
- Puree soup using a hand blender until smooth; mix in more chicken stock to reach desired consistency. Stir half-and-half into soup.

Nutrition Facts



Properties

Glycemic Index:52.64, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:8.6256521616293%

Flavonoids

Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg,

Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 121.76kcal (6.09%), Fat: 5.86g (9.02%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 12.02g (4.37%), Sugar: 6.46g (7.17%), Cholesterol: 11.38mg (3.79%), Sodium: 172.91mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin A: 8598.7IU (171.97%), Vitamin B3: 1.74mg (8.71%), Potassium: 293.82mg (8.39%), Vitamin B6: 0.16mg (7.84%), Fiber: 1.83g (7.34%), Manganese: 0.14mg (7.18%), Vitamin B2: 0.12mg (6.84%), Vitamin C: 5.36mg (6.49%), Phosphorus: 52.4mg (5.24%), Copper: 0.1mg (5.07%), Vitamin B1: 0.07mg (4.99%), Vitamin K: 5.22µg (4.98%), Folate: 15.49µg (3.87%), Magnesium: 15.49mg (3.87%), Calcium: 32.37mg (3.24%), Selenium: 2.19µg (3.12%), Vitamin B5: 0.3mg (3.04%), Iron: 0.54mg (3%), Vitamin E: 0.38mg (2.52%), Zinc: 0.31mg (2.05%)