

Simple Carrot Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



71 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups carrots chopped
- ☐ 0.5 teaspoon tarragon dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 cups chicken broth fat-free
- ☐ 4 cloves garlic smashed
- ☐ 0.5 onion sliced
- ☐ 4 servings water to cover

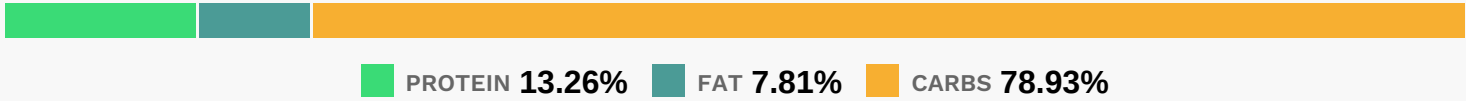
Equipment

- ☐ whisk
- ☐ pot
- ☐ potato masher
- ☐ immersion blender

Directions

- ☐ Combine carrots, chicken broth, and onion in a large pot.
- ☐ Pour enough water into the pot to assure the ingredients are covered; add garlic, thyme, and tarragon.
- ☐ Bring the liquid to a boil, reduce heat to medium-low, place a cover on the pot, and simmer the mixture until the carrots are very tender, 40 to 50 minutes.
- ☐ Remove pot from heat and cool soup for 10 minutes. Puree soup with an immersion blender or mash vegetables with a potato masher and whisk the soup until smooth.
- ☐ Return pot to medium heat and cook until reheated, about 5 minutes. Stir cream through the soup.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:12.377391327982%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 70.69kcal (3.53%), Fat: 0.66g (1.02%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 11.07g (4.03%), Sugar: 6.94g (7.71%), Cholesterol: 0mg (0%), Sodium: 797.82mg (34.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin A: 21404.22IU (428.08%), Vitamin K: 21.29µg (20.27%), Fiber: 3.99g (15.97%), Manganese: 0.31mg (15.46%), Potassium: 502.36mg (14.35%), Vitamin B6: 0.26mg (13.08%), Vitamin C: 9.76mg (11.82%), Vitamin B3: 2.28mg (11.4%), Folate: 30.09µg (7.52%), Vitamin B1: 0.11mg

(7.38%), Phosphorus: 73.39mg (7.34%), Copper: 0.15mg (7.3%), Calcium: 72.31mg (7.23%), Vitamin B2: 0.12mg (7.14%), Selenium: 4.39µg (6.27%), Iron: 1.09mg (6.07%), Vitamin B5: 0.59mg (5.89%), Vitamin E: 0.87mg (5.79%), Magnesium: 22.97mg (5.74%), Vitamin B12: 0.34µg (5.67%), Zinc: 0.45mg (2.99%)