

Simple Carrot Soup



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



96 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
- ☐ 2 tablespoons heavy whipping cream
- ☐ 0.5 onion sliced
- ☐ 4 servings water to cover

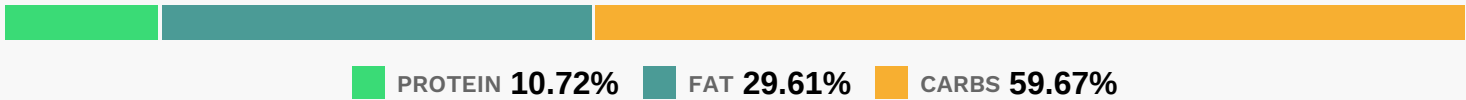
Equipment

- ☐ 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:12.590869615907%

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: 96.19kcal (4.81%), Fat: 3.37g (5.18%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 11.28g (4.1%), Sugar: 7.16g (7.95%), Cholesterol: 8.48mg (2.83%), Sodium: 799.85mg (34.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin A: 21514.47IU (430.29%), Vitamin K:

21.53µg (20.5%), Fiber: 3.99g (15.97%), Manganese: 0.31mg (15.47%), Potassium: 509.49mg (14.56%), Vitamin B6: 0.26mg (13.21%), Vitamin C: 9.8mg (11.88%), Vitamin B3: 2.28mg (11.42%), Vitamin B2: 0.14mg (7.97%), Phosphorus: 77.74mg (7.77%), Calcium: 77.26mg (7.73%), Folate: 30.4µg (7.6%), Vitamin B1: 0.11mg (7.48%), Copper: 0.15mg (7.34%), Selenium: 4.62µg (6.59%), Vitamin E: 0.94mg (6.25%), Iron: 1.1mg (6.11%), Vitamin B5: 0.61mg (6.08%), Vitamin B12: 0.35µg (5.88%), Magnesium: 23.5mg (5.87%), Zinc: 0.47mg (3.11%)