



## Slow-Cooker Gingered Carrot Soup

 Vegetarian  Gluten Free

READY IN



515 min.

SERVINGS



9

CALORIES



126 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 lb baby carrots
- 2 cups onion chopped
- 5.3 cups chicken broth (from two 32-oz cartons)
- 0.5 teaspoon salt
- 0.5 cup whipping cream
- 0.5 cup orange juice
- 3 tablespoons brown sugar packed
- 2 tablespoons ginger grated

- 0.3 teaspoon pepper white
- 1 slices cranberry-orange relish fresh quartered
- 1 serving parsley fresh italian

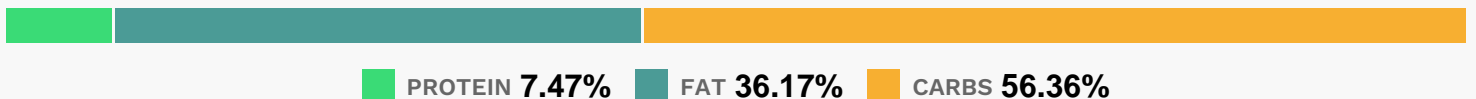
## Equipment

- blender
- slow cooker

## Directions

- Spray 4- to 5-quart slow cooker with cooking spray. In cooker, mix carrots, onions, broth and salt.
- Cover; cook on Low heat setting 8 to 10 hours.
- Pour 4 cups of the soup mixture to blender; add half each of the whipping cream, orange juice, brown sugar, gingerroot and pepper. Cover and blend until smooth; return to cooker. Blend remaining soup mixture with remaining half of ingredients; return to cooker.
- Increase heat setting to High. Cover; cook 15 to 20 minutes longer or until hot.
- Garnish individual servings with an orange quarter and parsley.

## Nutrition Facts



## Properties

Glycemic Index:18.72, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:11.112608684146%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

## Nutrients (% of daily need)

Calories: 126.38kcal (6.32%), Fat: 5.27g (8.11%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 14.84g (5.39%), Sugar: 12.49g (13.88%), Cholesterol: 17.68mg (5.89%), Sodium: 723.1mg (31.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin A: 14166.4IU (283.33%), Vitamin C: 13.73mg (16.64%), Vitamin K: 17.34µg (16.52%), Fiber: 3.65g (14.61%), Manganese: 0.27mg (13.66%), Potassium: 372.72mg (10.65%), Folate: 39.99µg (10%), Vitamin B2: 0.16mg (9.26%), Vitamin B6: 0.16mg (8.21%), Copper: 0.15mg (7.51%), Iron: 1.18mg (6.58%), Vitamin B1: 0.09mg (6.17%), Calcium: 61.19mg (6.12%), Phosphorus: 55.29mg (5.53%), Vitamin B5: 0.53mg (5.34%), Vitamin B3: 0.99mg (4.96%), Magnesium: 18.91mg (4.73%), Selenium: 2.11µg (3.02%), Zinc: 0.38mg (2.53%), Vitamin D: 0.21µg (1.41%), Vitamin E: 0.2mg (1.33%)