



Spiced Beet and Carrot Soup



Vegetarian



Gluten Free

READY IN



86 min.

SERVINGS



4

CALORIES



266 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups apples diced peeled
- ☐ 0.3 cup baby watercress
- ☐ 0.5 pound carrots peeled halved lengthwise
- ☐ 0.5 teaspoon garam masala
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2.5 teaspoons olive oil divided
- ☐ 0.8 cup greek yogurt plain 2% reduced-fat
- ☐ 1 pound beets red peeled quartered

- ☐ 0.3 teaspoon salt
- ☐ 2 cups vegetable broth organic
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 2 cups water
- ☐ 0.8 cup onion yellow chopped

Equipment

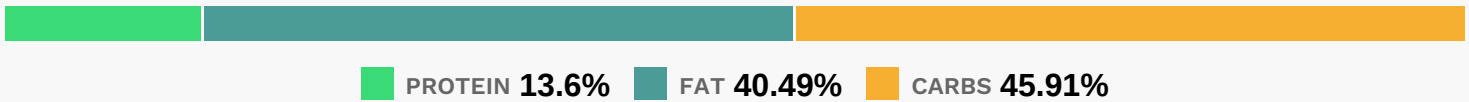
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 425
- ☐ Line a rimmed baking sheet with parchment paper.
- ☐ Place beets and carrots in a bowl.
- ☐ Drizzle with 1 1/2 teaspoons oil; sprinkle with 1/4 teaspoon salt. Toss. Arrange the vegetables on prepared pan.
- ☐ Bake at 425 for 40 minutes or until tender, stirring once.
- ☐ Remove from oven; cool slightly.
- ☐ Cut beets and carrots into 1-inch pieces.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add remaining 1 teaspoon oil; swirl to coat.
- ☐ Add apple, onion, and garam masala to pan; cook 1 1/2 minutes.

- ☐ Add beet mixture, broth, and 2 cups water; bring to a boil. Reduce heat, and simmer for 30 minutes.
- ☐ Remove from heat, and let stand 15 minutes.
- ☐ Place half of the beet mixture in a blender, and blend until smooth.
- ☐ Pour soup into a bowl. Repeat. Stir in lemon juice. Ladle about 1 1/4 cups soup into each of 4 bowls; top each serving with 3 tablespoons yogurt, 2 tablespoons walnuts, and about 1 tablespoon watercress.

Nutrition Facts



Properties

Glycemic Index:69.79, Glycemic Load:10.38, Inflammation Score:-10, Nutrition Score:19.587825837343%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 266.08kcal (13.3%), Fat: 12.7g (19.53%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 24.28g (8.83%), Sugar: 19.84g (22.04%), Cholesterol: 1.88mg (0.63%), Sodium: 765.14mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Vitamin A: 9882.73IU (197.65%), Manganese: 1.06mg (53.1%), Folate: 166.67µg (41.67%), Fiber: 8.12g (32.48%), Vitamin C: 19.03mg (23.06%), Potassium: 792.78mg (22.65%), Copper: 0.41mg (20.72%), Phosphorus: 193.86mg (19.39%), Magnesium: 70.75mg (17.69%), Vitamin B6: 0.33mg (16.66%), Vitamin B2: 0.24mg (14.24%), Vitamin K: 13.76µg (13.1%), Vitamin B1: 0.19mg (12.34%), Calcium: 109.32mg (10.93%), Iron: 1.84mg (10.24%), Zinc: 1.42mg (9.44%), Selenium: 5.65µg (8.07%), Vitamin B3: 1.51mg (7.55%), Vitamin E: 0.99mg (6.63%), Vitamin B5: 0.62mg (6.19%), Vitamin B12: 0.26µg (4.37%)