



Spiced Carrot-Apple Soup with Fresh Mint



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



132 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 tablespoons apple juice frozen thawed
- ☐ 1.3 pounds carrots diced peeled halved lengthwise
- ☐ 6 servings kosher salt
- ☐ 2 teaspoons ginger fresh chopped
- ☐ 6 servings mint leaves fresh chopped
- ☐ 0.8 cup fuji apple diced peeled finely
- ☐ 0.3 teaspoon ground allspice
- ☐ 3.8 cups chicken broth

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2 tablespoons cooking fat
- ☐ 1.5 cups onion white chopped

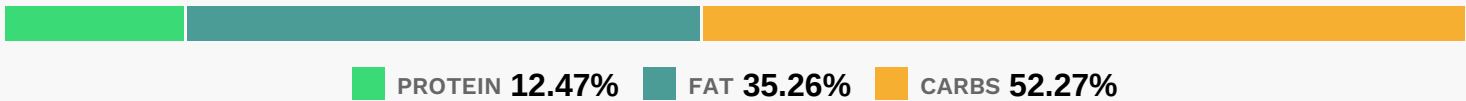
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat chicken fat in large saucepan over medium-high heat.
- ☐ Add onion; sauté 2 minutes.
- ☐ Add all carrots, broth, 3/4 cup apple, and ginger; bring to boil. Cover. Reduce heat; simmer until carrots are tender, about 20 minutes.
- ☐ Remove carrot halves; dice finely. Puree soup in batches in blender; return to pan.
- ☐ Mix in apple juice and spices. Season with coarse salt and pepper.
- ☐ Ladle soup into bowls. Top with finely diced carrot, finely diced apple, and mint.
- ☐ Try a full-bodied kosher white wine, like the BARON HERZOG 2007 CENTRAL COAST CHARDONNAY (California \$13).

Nutrition Facts



Properties

Glycemic Index:41.1, Glycemic Load:4.94, Inflammation Score:-10, Nutrition Score:11.18869570416%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin:

0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg
Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg,
Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol:
0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin:
0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin:
0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.51mg,
Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:
0.05mg, Myricetin: 0.05mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 131.93kcal (6.6%), Fat: 5.5g (8.47%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 18.35g (6.12%), Net
Carbohydrates: 14.5g (5.27%), Sugar: 9.1g (10.12%), Cholesterol: 3.63mg (1.21%), Sodium: 305.92mg (13.3%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin A: 15839.27IU (316.79%), Fiber: 3.85g
(15.41%), Vitamin B3: 3.04mg (15.22%), Potassium: 525.38mg (15.01%), Vitamin K: 12.98µg (12.36%), Vitamin C:
9.74mg (11.81%), Manganese: 0.22mg (10.96%), Vitamin B6: 0.2mg (10.21%), Phosphorus: 92.66mg (9.27%), Copper:
0.15mg (7.26%), Vitamin B2: 0.12mg (6.99%), Folate: 27.33µg (6.83%), Vitamin B1: 0.09mg (5.81%), Vitamin E:
0.78mg (5.19%), Calcium: 51.48mg (5.15%), Magnesium: 19.52mg (4.88%), Iron: 0.77mg (4.3%), Vitamin B5: 0.33mg
(3.27%), Zinc: 0.47mg (3.12%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.2µg (1.37%)