



Spiced Carrot Soup with Cilantro Crema

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 3 pounds carrots washed unpeeled roughly chopped
- ☐ 1 cup crème fraîche
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh divided grated
- ☐ 6 cloves garlic chopped
- ☐ 2 tablespoons ground cardamom
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onions chopped
- ☐ 1 cup orange juice fresh
- ☐ 1 pound sweet potatoes peeled roughly chopped
- ☐ 12 servings water as needed

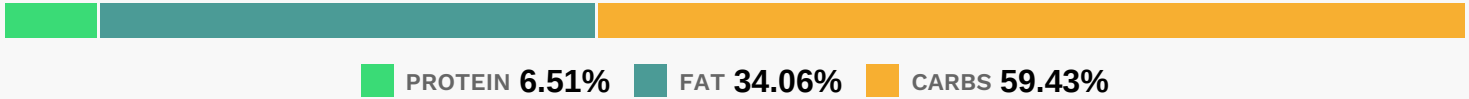
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ immersion blender

Directions

- ☐ In a large pot, heat the olive oil over medium heat and saute the onions, garlic, 1 tablespoon grated ginger, cardamom, and cinnamon. Stir to combine and saute for 6 minutes.
- ☐ Add the carrots and sweet potatoes.
- ☐ Saute for another 2 minutes.
- ☐ Add enough water to cover all of the vegetables. Bring the mixture to a simmer and cook until the carrots and sweet potatoes are soft, about 45 minutes.
- ☐ Remove the soup from the heat and using a hand held immersion blender, or using a food processor, carefully puree the soup until smooth, and then strain through a sieve into a fresh pot.
- ☐ Place the pot over medium-low heat and stir in the orange juice, apple cider vinegar, and remaining grated ginger. Simmer the mixture for 15 minutes.
- ☐ In a small bowl, stir the creme fraiche and cilantro together.
- ☐ To serve: Ladle the soup into bowls and top each bowl with a spoonful of the creme fraiche-cilantro mixture.

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:9.21, Inflammation Score:-10, Nutrition Score:14.252173929111%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 164.78kcal (8.24%), Fat: 6.5g (10%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 20.32g (7.39%), Sugar: 10.52g (11.69%), Cholesterol: 11.31mg (3.77%), Sodium: 119.01mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Vitamin A: 24491.46IU (489.83%), Manganese: 0.63mg (31.73%), Vitamin C: 20.9mg (25.34%), Fiber: 5.2g (20.78%), Vitamin K: 18.71µg (17.81%), Potassium: 621.62mg (17.76%), Vitamin B6: 0.31mg (15.36%), Vitamin B1: 0.14mg (9.64%), Folate: 38.52µg (9.63%), Calcium: 91.64mg (9.16%), Copper: 0.18mg (9.11%), Magnesium: 35.85mg (8.96%), Phosphorus: 88.28mg (8.83%), Vitamin E: 1.28mg (8.56%), Vitamin B2: 0.14mg (8.18%), Vitamin B5: 0.76mg (7.63%), Vitamin B3: 1.49mg (7.46%), Iron: 0.89mg (4.95%), Zinc: 0.63mg (4.19%), Selenium: 1.44µg (2.05%)