



 **16%**
HEALTH SCORE

Spicy Carrot Amaranth Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



346 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tbsp olive oil
- 1 cinnamon sticks
- 4 sage chopped
- 1 clove garlic minced
- 0.8 cup onion chopped
- 2 cups baby carrots
- 2 cups vegetable stock unsalted
- 0.5 tsp ground pepper

- 1 cup amaranth cooked ()
- 1 tsp salt
- 0.5 cups coconut milk unsweetened
- 1 tbsp hemp seeds

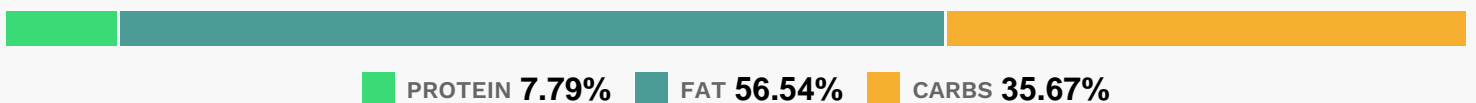
Equipment

- sauce pan
- blender

Directions

- Heat oil in a nonstick sauce pan and add cinnamon stick. Immediately, add sage leaves and garlic and saut for few seconds.
- Add chopped onions and saut until translucent.
- Add baby carrots and mix well.
- Add vegetable broth and cayenne pepper.
- Mix and cover. Cook until it is properly boiled and the carrots are semi soft.
- Turn off the flame and let it cool until it is ready to be put into the blender.
- Remove the cinnamon stick from the soup and blend until smooth.
- Strain and again put the soup in the sauce pan and turn on the flame.
- At the first boil add cooked amaranth and salt.
- Mix well.
- Add coconut milk.
- Mix well and turn off the flame.
- Garnish with hemp seeds and serve hot.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:18.277826086957%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Taste

Sweetness: 100%, Saltiness: 26.99%, Sourness: 19.1%, Bitterness: 36.57%, Savoriness: 5.49%, Fattiness: 38.76%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 346.25kcal (17.31%), Fat: 22.62g (34.81%), Saturated Fat: 9.93g (62.07%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 25.48g (9.27%), Sugar: 8.49g (9.44%), Cholesterol: 0mg (0%), Sodium: 1481.47mg (64.41%), Protein: 7.02g (14.03%), Vitamin A: 12256.23IU (245.12%), Manganese: 1.48mg (74.05%), Fiber: 6.63g (26.53%), Phosphorus: 256.18mg (25.62%), Copper: 0.5mg (25.11%), Iron: 4.12mg (22.88%), Magnesium: 82.15mg (20.54%), Potassium: 492.1mg (14.06%), Folate: 55.5µg (13.87%), Vitamin K: 14.46µg (13.77%), Vitamin B6: 0.27mg (13.25%), Selenium: 8.16µg (11.66%), Vitamin E: 1.69mg (11.23%), Calcium: 103.27mg (10.33%), Vitamin C: 6.88mg (8.34%), Zinc: 1.23mg (8.2%), Vitamin B3: 1.19mg (5.94%), Vitamin B1: 0.09mg (5.91%), Vitamin B5: 0.47mg (4.75%), Vitamin B2: 0.07mg (4.35%)