



Spinach, Potato, Dill and Carrot Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 Tablespoons butter
- ☐ 3 carrots diced peeled
- ☐ 6 cups chicken broth
- ☐ 2 tablespoons optional: dill chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup heavy cream plus more for drizzling
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion finely chopped

- ☐ 6 servings salt and pepper to taste
- ☐ 4 cups pkt spinach
- ☐ 2 large potatoes diced white peeled

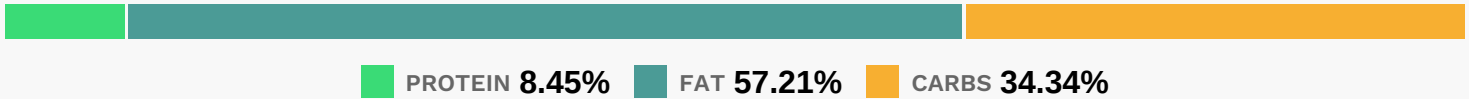
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ In a medium pot over medium heat, melt the butter and olive oil.
- ☐ Add the onion and sauté until translucent, 3 to 4 minutes.
- ☐ Add the garlic and sauté for 1 minute more.
- ☐ Add the carrots, broth and the potatoes, reduce the heat to low, cover and simmer for 15 minutes.
- ☐ Add the spinach, and continue to simmer for about 10 minutes more.Using a food processor or blender, process the soup to a smooth puree. Return the soup to the pan.
- ☐ Add the cream and season with salt and pepper.Ladle the soup into bowls.
- ☐ Drizzle with cream and serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.43, Glycemic Load:8.72, Inflammation Score:-10, Nutrition Score:17.040000117343%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 187kcal (9.35%), Fat: 12.31g (18.94%), Saturated Fat: 6.28g (39.22%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 13.82g (5.02%), Sugar: 3.86g (4.28%), Cholesterol: 30.96mg (10.32%), Sodium: 1154.49mg (50.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin A: 7307.96IU (146.16%), Vitamin K: 103.99µg (99.04%), Vitamin C: 20.21mg (24.5%), Manganese: 0.46mg (23.12%), Potassium: 527.7mg (15.08%), Vitamin B6: 0.29mg (14.34%), Folate: 57.05µg (14.26%), Vitamin B2: 0.24mg (14.06%), Fiber: 2.8g (11.21%), Vitamin B1: 0.14mg (9.46%), Magnesium: 37.46mg (9.37%), Vitamin E: 1.3mg (8.67%), Vitamin B3: 1.59mg (7.97%), Phosphorus: 75.86mg (7.59%), Iron: 1.33mg (7.38%), Copper: 0.15mg (7.36%), Calcium: 60.49mg (6.05%), Zinc: 0.58mg (3.87%), Vitamin B5: 0.34mg (3.44%), Selenium: 1.99µg (2.84%), Vitamin B12: 0.07µg (1.25%), Vitamin D: 0.16µg (1.06%)