

Sweet Carrot Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups carrot juice fresh (or apple or orange juice)
- ☐ 2 pounds carrots organic peeled chopped
- ☐ 2 tablespoons cilantro leaves chopped for garnish
- ☐ 1 inch ginger root fresh peeled chopped
- ☐ 1 sprig thyme leaves fresh
- ☐ 1 garlic clove smashed
- ☐ 0.3 cup yogurt plain low-fat

- ☐ 4 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sunflower seeds for garnish, optional
- ☐ 1 onion yellow thinly sliced

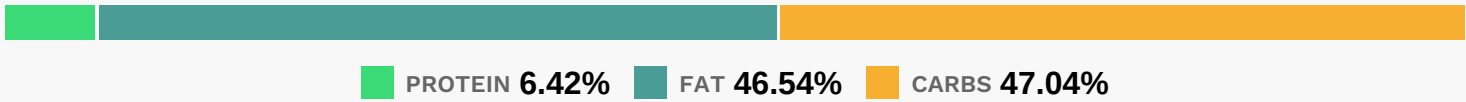
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ immersion blender

Directions

- ☐ Heat 2 TBSP of the olive oil in medium saucepan over medium heat.
- ☐ Add onion; cook until tender (6–8 minutes).
- ☐ Add the garlic and ginger, and cook until fragrant (about 1 minute).
- ☐ Add carrots, thyme, salt and pepper, and enough water to cover, and bring the soup to a boil. Cover loosely and reduce heat to low.
- ☐ Simmer until vegetables are tender (about 30 minutes). Cool slightly. Discard thyme. Pure carrot mixture with an immersion blender until smooth (about 3 minutes). Stir in fresh juice, then reheat soup over a low flame to warm through. Just before serving, taste and adjust salt and pepper; stir in an additional 1–2 TBSP olive oil.
- ☐ Ladle into 4 bowls and garnish each with a dollop of yogurt, a sprinkle of cilantro, and sunflower seeds, if using.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:37.48, Glycemic Load:7.3, Inflammation Score:-10, Nutrition Score:14.223043335521%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 164.37kcal (8.22%), Fat: 8.87g (13.64%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 16.36g (5.95%), Sugar: 11.97g (13.3%), Cholesterol: 0.61mg (0.2%), Sodium: 305.19mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin A: 19088.08IU (381.76%), Vitamin C: 39.21mg (47.53%), Vitamin K: 19.74µg (18.8%), Vitamin E: 2.67mg (17.81%), Potassium: 554.32mg (15.84%), Fiber: 3.81g (15.24%), Manganese: 0.26mg (12.86%), Folate: 49.79µg (12.45%), Vitamin B6: 0.24mg (12.16%), Vitamin B1: 0.18mg (11.97%), Phosphorus: 86.57mg (8.66%), Magnesium: 32.47mg (8.12%), Vitamin B3: 1.61mg (8.06%), Vitamin B2: 0.12mg (7.08%), Calcium: 69.91mg (6.99%), Copper: 0.14mg (6.75%), Vitamin B5: 0.54mg (5.39%), Iron: 0.71mg (3.97%), Zinc: 0.55mg (3.69%), Selenium: 1.97µg (2.81%)