

Vegan Carrot Curry Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounce coconut milk canned
- 2 pounds carrots peeled chopped
- 2 teaspoons curry powder
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 4 cups vegetable stock
- 14 ounces water

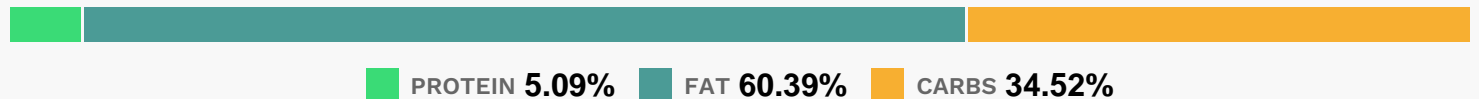
Equipment

- pot
- blender
- kitchen towels

Directions

- Pour the vegetable broth into a soup pot, and bring to a boil over medium heat. Stir in the curry powder, cumin, cinnamon, and ginger; add the carrots. Reduce heat to a simmer, and cook until the carrots are tender, about 20 minutes, stirring often.
- Strain out the carrots from the broth, and place carrots into a blender, filling the pitcher no more than halfway full.
- Pour about 1/4 cup vegetable broth into the blender to allow the carrots to puree. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the carrots moving before leaving it on to puree. Puree in batches until smooth, if needed; return the pureed carrots to the vegetable broth. Alternately, you can use a stick blender and puree the carrots right in the cooking pot.
- Stir in the coconut milk and the water (use the coconut milk can to measure). Bring back to a simmer; sprinkle with cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:12.531304483828%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 169.76kcal (8.49%), Fat: 12.21g (18.79%), Saturated Fat: 10.52g (65.77%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 11.16g (4.06%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 558.89mg (24.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin A: 19203.07IU (384.06%), Manganese: 0.71mg (35.49%), Fiber: 4.54g (18.17%), Vitamin K: 15.57µg (14.83%), Potassium: 507.73mg (14.51%), Copper: 0.2mg (9.91%), Vitamin C: 8.16mg (9.89%), Phosphorus: 92.58mg (9.26%), Vitamin B6: 0.18mg (9.03%), Magnesium: 34.99mg (8.75%), Iron: 1.5mg (8.35%), Vitamin B3: 1.53mg (7.67%), Folate: 30.3µg (7.58%), Vitamin E: 0.94mg (6.29%), Vitamin B1: 0.09mg (6.04%), Calcium: 52.96mg (5.3%), Selenium: 3.36µg (4.8%), Zinc: 0.65mg (4.32%), Vitamin B2: 0.07mg (4.02%), Vitamin B5: 0.4mg (4.01%)