

Vegan Carrot Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large carrots sliced
- 1 teaspoon curry powder
- 2 teaspoons ginger fresh grated
- 3 cloves garlic minced
- 5 baby potatoes quartered
- 1 large onion diced
- 4 servings salt and pepper to taste
- 2 cups vegetable stock

1 tablespoon vegetable oil

Equipment

food processor

pot

blender

immersion blender

Directions

Heat oil in a soup pot over medium heat.

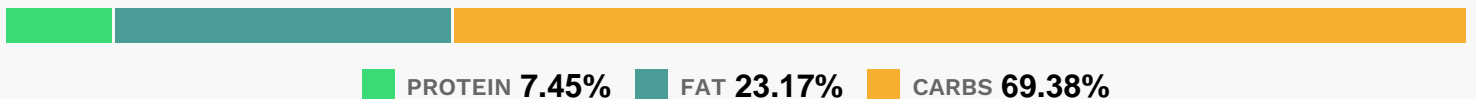
Add onion and garlic, and cook stirring often until onion is translucent.

Add carrots and potatoes, and cook for just a few minutes to allow the carrots to sweat out some of their juices.

Pour the vegetable broth into the pot, and season with ginger, curry powder, salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 15 to 20 minutes, until carrots are tender.

Puree soup in small batches using a food processor or blender, or if you have an immersion blender, it can be done in the soup pot. Reheat soup if necessary, and serve.

Nutrition Facts



Properties

Glycemic Index:63.15, Glycemic Load:12.93, Inflammation Score:-10, Nutrition Score:12.629999896754%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 140.13kcal (7.01%), Fat: 3.76g (5.79%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 20.92g (7.61%), Sugar: 6.6g (7.33%), Cholesterol: 0mg (0%), Sodium: 719.94mg (31.3%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin A: 12285.88IU (245.72%), Vitamin C: 21.62mg (26.21%), Vitamin B6: 0.39mg (19.31%), Fiber: 4.43g (17.71%), Potassium: 600.78mg (17.17%), Vitamin K: 17.77µg (16.93%), Manganese: 0.32mg (16.01%), Vitamin B1: 0.13mg (8.45%), Folate: 32.95µg (8.24%), Phosphorus: 81.5mg (8.15%), Magnesium: 30.76mg (7.69%), Vitamin B3: 1.53mg (7.65%), Copper: 0.14mg (6.79%), Vitamin E: 0.88mg (5.88%), Iron: 1.04mg (5.75%), Calcium: 47.53mg (4.75%), Vitamin B5: 0.47mg (4.65%), Vitamin B2: 0.08mg (4.62%), Zinc: 0.49mg (3.27%), Selenium: 0.88µg (1.26%)