



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 new potatoes quartered
- ☐ 1 large onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups vegetable broth

☐ 1 tablespoon vegetable oil

Equipment

☐ food processor

☐ pot

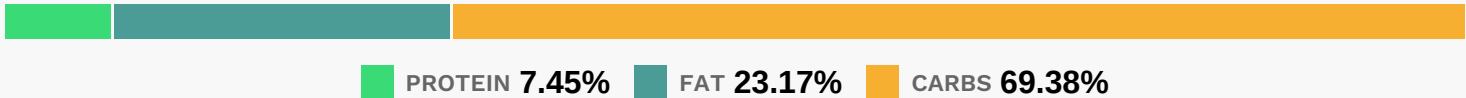
☐ blender

☐ 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: 6.6 g (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%)