



Velvety Carrot Soup with Carrot Top Pesto



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 pounds carrots with tops on
- ☐ 1 garlic clove
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 4 cups chicken broth reduced-sodium
- ☐ 3.5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 onion chopped
- ☐ 1 tablespoon walnuts toasted chopped

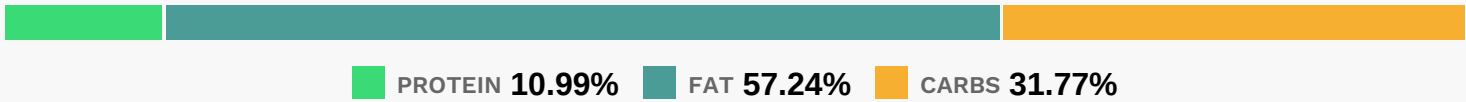
Equipment

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

Directions

- ☐ Heat 1 tbsp. oil in a medium pot over medium heat.
- ☐ Add onion and 1/2 tsp. salt and cook until softened, stirring occasionally, about 8 minutes.
- ☐ Remove carrot tops from carrots, chop roughly, and set aside. Roughly chop carrots and add to pot. Stir in broth and bring to a boil. Reduce to a simmer, cover (leave lid slightly ajar), and cook until carrots are very tender, about 20 minutes.
- ☐ Meanwhile, mince garlic in a food processor, scraping down sides of bowl as needed.
- ☐ Add 1 cup carrot tops, the walnuts, remaining 2 1/2 tbsp. oil, and remaining 1/4 tsp. salt and whirl until blended.
- ☐ Pure carrot-broth mixture in a blender, working in batches, until very smooth, about 1 minute per batch. Ladle into bowls and swirl in carrot top pesto.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:11.133478257967%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 155.09kcal (7.75%), Fat: 10.44g (16.07%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 9.97g (3.62%), Sugar: 5.51g (6.12%), Cholesterol: 0mg (0%), Sodium: 404.1mg (17.57%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 15787.65IU (315.75%), Vitamin K: 17.52µg (16.68%), Vitamin B3: 3.13mg (15.64%), Potassium: 473.96mg (13.54%), Fiber: 3.08g (12.32%), Vitamin E: 1.82mg (12.1%), Manganese: 0.22mg (11.24%), Phosphorus: 92.12mg (9.21%), Vitamin B6: 0.18mg (9.16%), Vitamin C: 7.11mg (8.62%), Copper: 0.16mg (7.91%), Vitamin B2: 0.11mg (6.47%), Folate: 23.09µg (5.77%), Vitamin B1: 0.08mg (5.17%), Calcium: 44.49mg (4.45%), Magnesium: 17.51mg (4.38%), Iron: 0.76mg (4.21%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.29mg (2.93%), Vitamin B12: 0.16µg (2.62%)