



Healthdor

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Carrot Soup

A comforting and nutritious soup made with fresh carrots.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Carrots
4 c	vegetable broth
1 medium	onion
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt

0.5 tsp black pepper

2 tbsp fresh parsley

Directions

Step 1

Cut

Peel and chop the carrots, onion, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a large pot over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Boiling

Add carrots and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer until carrots are tender.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Blending

Use an immersion blender to puree the soup until smooth. Season with salt and black pepper to taste.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Garnishing

Garnish with fresh parsley before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 3 g

Protein: 2 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	4 g	10.53%	16%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Picnic

Cuisines

Italian Middle Eastern

Nutritional Content

Low Fat

Course

Salads Soups Snacks Sauces & Dressings

Cultural

Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly Senior Friendly Diabetic Friendly Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Vegetarian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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