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## [Creamy Carrot Ginger Soup](#)

Creamy Carrot Ginger Soup is a delicious vegetarian soup made with fresh carrots and ginger. It has a smooth and velvety texture and is packed with flavor. This soup is perfect for a cozy meal on a cold day or as a starter for a dinner party. It is easy to make and can be enjoyed by everyone.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	Carrots
50 g	Ginger
1000 ml	vegetable broth
400 ml	coconut milk
1 tsp	Salt

**0.5 tsp** Black pepper

**2 tbsp** Olive oil

**2**  
**cloves** garlic

## Directions

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### Step 1

#### Cutting

Peel and chop the carrots and ginger.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Sautéing

Heat olive oil in a large pot over medium heat. Add garlic and sauté for 1 minute.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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### Step 3

#### Sautéing

Add chopped carrots and ginger to the pot. Cook for 5 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

**Boiling**

Add vegetable broth, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes or until the carrots are tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 5

**Blending**

Remove the pot from heat and let it cool slightly. Use an immersion blender or a regular blender to puree the soup until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

**Stirring**

Return the pot to the heat and stir in coconut milk. Cook for an additional 5 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 7

Season with additional salt and black pepper to taste. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 15 g

**Protein:** 2 g

**Carbohydrates:** 20 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	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	300 iu	33.33%	42.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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