

Carrot and Ginger Soup

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

30.3
Kcal / 100.0

54.9% Carbs
17.3% Protein
27.8% Fat

EU Label values per 100.0

Serves 4

	PER 100.0	%RI	PER 328 SERVING	%RI	
Energy(Kj)	139 kJ	2%	456 kJ	5%	CONTAINS:
Energy(Kcal)	33 kcal	2%	109 kcal	5%	CELERY MILK
Fat	0.9 g	1%	3.1 g	4%	MAY CONTAIN:
of which saturates	0.3 g	2%	1 g	5%	WHEAT
Carbohydrate	4.2 g	2%	14 g	5%	OTHER PROPERTIES:
of which sugars	3.8 g	4%	12 g	13%	VEGETARIAN
Fibre	1.4 g	6%	4.7 g	19%	
Protein	1.3 g	3%	4.2 g	8%	
Salt	0.84 g	14%	2.8 g	47%	

Energy		Lipid Components		Vitamins	
Energy(Kcal) 2% RI	30.3kcal	Saturated Fat 2% RI	0.3g	Vitamin A (ret eq) 76% RI	609ug
Energy(Kj) 2% RI	128kJ	Monounsaturated fat 1% RI	0.19g	Retinol	3.8ug
Macronutrients		cis-Mono	0.18g	Carotene	2825ug
Carbohydrate 2% RI	4.2g	Polyunsaturated fat 0% RI	0.05g	Vitamin D	
Protein 3% RI	1.3g	Omega3(n-3) 0% RI	0.01g	Vitamin E 0% RI	0.06mg
Fat 1% RI	0.94g	Omega6(n-6) 0% RI	0.03g	Vitamin K 1 3% RI	1.9ug
Water	91g	cis-Poly	0.04g	Thiamin (B1) 4% RI	0.05mg
Water from Drinks		Trans-fatty acids	0.02g	Riboflavin (B2) 3% RI	0.04mg
Alcohol		Cholesterol	1.5mg	Niacin total (B3) 2% RI	0.39mg
Carbohydrate		Minerals & trace elements		Niacin	0.1mg
Starch	0.11g	Sodium 14% RI	336mg	Tryptophan	16.4mg
Oligosaccharide	0.18g	Potassium 4% RI	85mg	Pantothenic Acid (B5) 2% RI	0.13mg
Fibre 6% RI	1.4g	Chloride 9% RI	69mg	Vitamin B 6 3% RI	0.04mg
NSP	0.73g	Calcium 5% RI	38.6mg	Folates (B9) Total 2% RI	4.3ug
Sugars 4% RI	3.8g	Phosphorus 5% RI	32.7mg	Vitamin B 12 1% RI	0.03ug
Glucose	0.51g	Magnesium 1% RI	5.6mg	Biotin (B7) 1% RI	0.48ug
Galactose	0.43g	Iron 1% RI	0.15mg	Vitamin C 1% RI	0.63mg
Fructose	0.49g	Zinc 1% RI	0.14mg	Other	
Sucrose	1.7g	Copper 1% RI	0.01mg	GI (estimated)	40
Maltose		Manganese 2% RI	0.04mg	GL	1.6
Lactose	0.61g	Selenium 1% RI	0.28ug		
		Iodine 6% RI	8.8ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Onions, raw	75	5x slice or in sandwich/wrap	0.00
Oil, olive	0.81	(auto-calculated)	0.00
Stock cubes, vegetable	25	2.5x stock cube	0.00
Boiled water	750	1x Sports bottle	0.00
Ginger, fresh	5	1x Average Portion	0.00
Garlic, raw	6	2x Average Portion	0.00
Carrots, old, raw	450		0.00
Yogurt, whole milk, plain	180	4x tablespoon	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	328	99	0.00	

Ingredient List (QUID) ...

Water (57.1%), Carrots (34.3%), Yogurt (13.7%) (**Milk**), Onions (5.7%), Vegetable stock cubes (1.9%) (**Celery**), Garlic (0.46%), Ginger (0.38%), Olive Oil (0.06%)
For allergens, see items in bold. (May also contain traces of Wheat)

Cooking Instructions & Notes

1. Fry onion and garlic until soft
2. Add other ingredients and simmer for 10 minutes.
3. Purée in blender and serve immediately with a swirl (or more) of natural yogurt for garnish.
4. Blend the mixture until smooth and add the yogurt.
5. Season to taste.