

Indian Spiced Carrot Soup

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-soup-indian-recipe-video>

Ingredients:

- 4 9/16 cups carrots Steamed, or cooked vegetables of choice eg. pumpkin, sweet potato etc
- 1/2 cup coconut milk
- 3 teaspoons Garam Masala
- 1/2 teaspoon turmeric powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon chilli flakes Optional, to taste
- salt
- white pepper
- 2 1/8 cups boiling water

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 18 grams
3. Fat: 8 grams
4. Fiber: 6 grams
5. Protein: 2 grams
6. SaturatedFat: 6 grams
7. Sodium: 290 milligrams
8. Sugar: 7 grams

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