

Cardamom, Coriander Carrot Soup and Pistachios

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound organic carrots
- 1 shallot large
- 3 1/3 cups water
- 1 tablespoon ground coriander
- 5 green cardamom pods seeds removed and grinded
- 2 tablespoons unsalted pistachios coarsely chopped
- 3 tablespoons olive oil
- 3 leaves fresh coriander
- salt
- pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 28 grams
3. Fat: 13 grams
4. Fiber: 9 grams
5. Protein: 5 grams
6. SaturatedFat: 2 grams
7. Sodium: 290 milligrams
8. Sugar: 6 grams

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