

# Cream of Carrot Soup

Yield: 12 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cream-of-carrot-soup-recipe>

## Ingredients:

- 2 cloves chopped garlic
- 1 chopped ginger
- 1/2 coarsely chopped onion
- 3 cups chicken base
- 6 large carrots cut into 1-inch rings
- 2 medium potatoes peeled and cut 1 square inch
- 2/3 cup cooking cream 15%
- 1 1/2 liters water
- salt
- pepper

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 25 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 190 milligrams
9. Sugar: 4 grams

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