

# Creamy Carrot Soup

*DashRecipes.com*

## Servings: 6

*3 tablespoons olive oil*  
*1 onion, chopped*  
*4 cups chicken broth*  
*2 cups water*  
*2 pounds carrots, peeled and sliced*  
*1 teaspoon salt*  
*1/4 teaspoon pepper*  
*1 cup fat-free half-and-half*  
*1 tablespoon fresh sage*  
*croutons (optional)*  
*grated cheese (optional)*

## Preparation Time: 20 minutes

In a Dutch oven, heat the oil on medium heat for 30 seconds. Add the onion and saute' for 5 minutes. Add the broth, water and carrots.

Bring to a boil, reduce the heat and simmer for one-half hour or until the carrots are soft.

Add salt and pepper. Set aside for 10 minutes.

Puree' the soup in batches in a food processor. Pour back into the Dutch oven.

Stir in the half-and-half and sage. Simmer until very hot.

Ladle into bowls. Top with croutons and cheese.

Start to Finish Time: 1 hour 20 minutes

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Per Serving (excluding unknown items): 151 Calories; 8g Fat (46.2% calories from fat); 5g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 914mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	151	Vitamin B6 (mg):	.2mg
% Calories from Fat:	46.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	41.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	26mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	16g
<b>Dietary Fiber (g):</b>	4g
<b>Protein (g):</b>	5g
<b>Sodium (mg):</b>	914mg
<b>Potassium (mg):</b>	603mg
<b>Calcium (mg):</b>	52mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	14mg
<b>Vitamin A (i.u.):</b>	37890IU
<b>Vitamin A (r.e.):</b>	3788RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	3
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	151	Calories from Fat: 70
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### % Daily Values\*

<b>Total Fat</b>	8g	12%
Saturated Fat	1g	6%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	914mg	38%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	4g	18%
<b>Protein</b>	5g	
<b>Vitamin A</b>		758%
<b>Vitamin C</b>		23%
<b>Calcium</b>		5%
<b>Iron</b>		6%

\* Percent Daily Values are based on a 2000 calorie diet.