

Cream of Carrot Soup



Ingredients

- 180g carrots, cut into cubes
- 25g onion, sliced
- 5g garlic, chopped
- 12g oil
- 22g flour
- 500ml water
- 37.5g Annum plain
- 2g Salt
- 1g pepper
- 1g nutmeg
- 10g whipped cream

Directions

1. Heat up oil in a pot. Sauté onions until translucent.
2. Add garlic, continue sautéing until fragrant but not browned.
3. Add carrots and flour. Pour water and let it boil until carrots are tender. Transfer mixture into a blender and process until smooth.
4. Add Annum powder and mix until dissolved. Adjust taste with salt, pepper & nutmeg. Serve hot with a dollop of whipping cream.

Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	161.1	7
Carbohydrates (g)	19.61	11
Proteins (g)	5.152	6
Fats (g)	6.705	-
Dietary Fiber (g)	3.473	-
Folate (mcg)	148	25
Iron (mg)	4.508	12
Zinc (mg)	2.003	21
Calcium (mg)	226.8	28

Per Serve Per Adequacy

Vitamin B12 (mcg)	0.447	0
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