



Banana-Coconut Soup

 Gluten Free

READY IN



35 min.

SERVINGS



7

CALORIES



388 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup bananas diced very ripe
- 0.5 cup carrots diced
- 0.5 cup celery diced
- 1 teaspoon chili paste depending on your taste pref
- 7 servings chives chopped
- 1 bunch cilantro leaves finely chopped
- 2 cups full fat coconut cream
- 3 cloves garlic minced

- 2 teaspoons ground cumin
- 1 cup leeks thinly sliced
- 0.3 cup olive oil
- 1 cup onion diced
- 1 cup orange juice fresh
- 7 servings salt and pepper white
- 7 servings skewered grilled shrimp
- 7 servings cup heavy whipping cream sour
- 4 cups vegetable stock

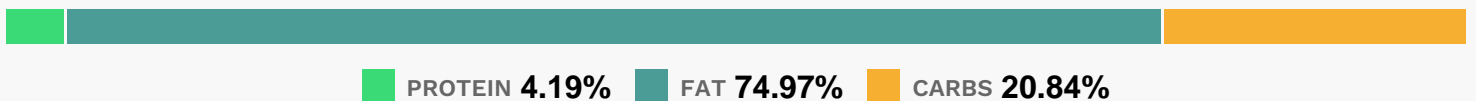
Equipment

- food processor
- pot
- immersion blender

Directions

- Heat the oil in a heavy bottomed saucepot over medium-high heat.
- Add the bananas, leeks, onion, celery, carrots, garlic, and chili paste. Season with salt and pepper.
- Saute until caramelized. Stir in the cumin and cilantro. Deglaze with the orange juice.
- Pour in the stock, bring to a boil then lower the heat and simmer for 10 minutes.
- Puree the soup either with a hand immersion blender or in batches in a food processor. Strain into another pot. Stir in the coconut cream and season to taste.
- Garnish with skewered grilled shrimp, chopped chives and a small dollop of sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:57.37, Glycemic Load:6.46, Inflammation Score:-9, Nutrition Score:13.275652238856%

Flavonoids

Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 387.84kcal (19.39%), Fat: 34.21g (52.64%), Saturated Fat: 23.43g (146.44%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 18.13g (6.59%), Sugar: 9.25g (10.28%), Cholesterol: 8.69mg (2.9%), Sodium: 756.72mg (32.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Manganese: 1.12mg (55.97%), Vitamin A: 2347.01IU (46.94%), Vitamin C: 27.04mg (32.77%), Vitamin K: 20.09µg (19.13%), Copper: 0.34mg (17.12%), Potassium: 519.39mg (14.84%), Iron: 2.55mg (14.16%), Fiber: 3.27g (13.09%), Phosphorus: 127.98mg (12.8%), Folate: 50.15µg (12.54%), Vitamin B6: 0.23mg (11.38%), Magnesium: 41.39mg (10.35%), Vitamin E: 1.45mg (9.64%), Vitamin B1: 0.1mg (6.37%), Zinc: 0.9mg (6.01%), Vitamin B3: 1.16mg (5.81%), Calcium: 53.61mg (5.36%), Vitamin B5: 0.46mg (4.64%), Vitamin B2: 0.07mg (4.27%), Selenium: 1.21µg (1.73%)