



Beet, Ginger, and Coconut Milk Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounces lite coconut milk low-fat canned
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 3 large beets red peeled cut into 1/4-inch pieces
- ☐ 0.5 teaspoon sea salt fine
- ☐ 5 cups vegetable stock divided

☐ 1 large onion diced yellow

Equipment

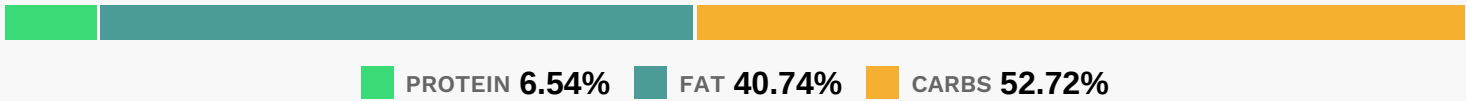
☐ pot

☐ blender

Directions

- ☐ In a large pot, heat oil overmedium heat. Sauté onion,5 minutes.
- ☐ Add garlic and ginger;cook, stirring often, 5 minutes.
- ☐ Add beets and 4 cups stock;bring to a boil, then reduce heatand simmer until beets are fork-tender,20 minutes. With animmersion or regular blender,puree soup, adding remaining1 cup stock as needed to reachdesired consistency. Stir in milk,salt and pepper.
- ☐ Garnish withparsley and julienned beets andserve with bread, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:11.56, Inflammation Score:-8, Nutrition Score:11.494347852209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 239.05kcal (11.95%), Fat: 10.76g (16.55%), Saturated Fat: 7.41g (46.28%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 24.86g (9.04%), Sugar: 17.93g (19.92%), Cholesterol: 0mg (0%), Sodium: 1712.65mg (74.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Folate: 229.77µg (57.44%), Manganese: 0.78mg (38.89%), Fiber: 6.46g (25.85%), Potassium: 735.79mg (21.02%), Vitamin C: 13.56mg (16.44%), Vitamin A: 694.64IU (13.89%), Magnesium: 52.21mg (13.05%), Vitamin B6: 0.21mg (10.64%), Iron: 1.79mg (9.97%), Phosphorus: 96.71mg (9.67%), Copper: 0.18mg (9.01%), Vitamin B1: 0.09mg (5.7%), Vitamin B2: 0.09mg (5.59%), Zinc: 0.81mg (5.41%),

Calcium: 46.39mg (4.64%), Vitamin E: 0.6mg (4.01%), Vitamin B5: 0.38mg (3.81%), Vitamin B3: 0.76mg (3.78%),
Selenium: 1.95µg (2.79%), Vitamin K: 2.91µg (2.77%)