



Butternut Soup with Coconut Milk

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



8

CALORIES



102 kcal

SOUP

Ingredients

- 24 ounce butternut squash fresh cubed
- 0.5 cup canned coconut milk canned
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic minced
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lime fresh
- 1 tablespoon olive oil
- 1 teaspoon salt

- 0.5 cup shallots thinly sliced
- 2 cups water

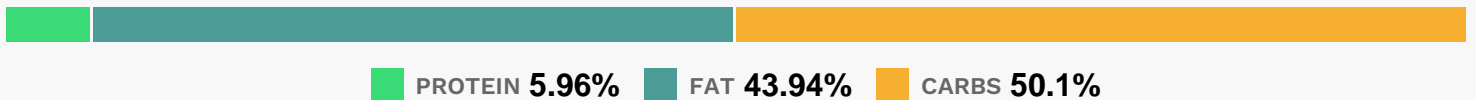
Equipment

- frying pan
- sauce pan
- blender

Directions

- Heat a large heavy saucepan over medium-high heat.
- Add oil to pan; swirl to coat.
- Add shallots; saut 3 minutes or until softened, stirring occasionally.
- Add garlic and ginger; saut 1 minute.
- Add 2 cups water, coconut milk, salt, red pepper, and squash; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until squash is tender, stirring occasionally.
- Place squash mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Stir in juice.
- Garnish with additional pepper and cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.72, Inflammation Score:0, Nutrition Score:10.906521786814%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.7kcal (5.09%), Fat: 5.43g (8.36%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 11.38g (4.14%), Sugar: 3.59g (3.99%), Cholesterol: 0mg (0%), Sodium: 301.44mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 9042.62IU (180.85%), Vitamin C: 20.38mg (24.7%), Manganese: 0.38mg (19.01%), Potassium: 398.95mg (11.4%), Fiber: 2.57g (10.26%), Vitamin E: 1.51mg (10.09%), Vitamin B6: 0.2mg (10.08%), Magnesium: 39.05mg (9.76%), Folate: 30.72µg (7.68%), Vitamin B1: 0.1mg (6.71%), Copper: 0.13mg (6.51%), Vitamin B3: 1.18mg (5.91%), Iron: 1.06mg (5.89%), Phosphorus: 54.13mg (5.41%), Calcium: 53.16mg (5.32%), Vitamin B5: 0.42mg (4.21%), Selenium: 1.69µg (2.41%), Vitamin K: 2.25µg (2.15%), Zinc: 0.31mg (2.07%), Vitamin B2: 0.02mg (1.28%)