




# Calabaza, Corn, and Coconut Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
40 min.

SERVINGS  
  
8

CALORIES  
  
238 kcal

SOUP ANTIPASTI STARTER SNACK

## Ingredients

- 0.3 teaspoon ground pepper
- 0.3 cup cilantro leaves fresh finely chopped
- 12 ounces coconut milk unsweetened canned
- 2 cups corn kernels (see above)
- 3 ears corn fresh frozen thawed halved for relish (below ( or )
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 2 garlic clove coarsely chopped
- 4.5 teaspoons juice of lime fresh

- 2 tablespoons olive oil
- 1 medium onion coarsely chopped
- 0.3 teaspoon salt
- 1 tablespoon shallots finely chopped
- 2.3 pound kabocha squash whole peeled seeded cut into 1/2-inch pieces (6 cups) ()
- 1 pinch sugar
- 4 cups water

## Equipment

- bowl
- sauce pan
- whisk
- pot
- sieve
- blender

## Directions

- Heat oil in a 4- to 5-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until beginning to soften and edges are browned, about 4 minutes.
- Add cilantro stems and garlic and cook, stirring occasionally, 3 minutes.
- Add squash pieces and cook, stirring frequently, 3 minutes. Stir in water, coconut milk, corn cobs, salt, and cayenne and simmer, uncovered, stirring occasionally, until squash is very tender, about 15 minutes.
- Whisk together lime juice, salt, and sugar in a bowl, then add oil and whisk until combined.
- Cook corn kernels in a saucepan of boiling salted water until just tender, 2 to 3 minutes.
- Drain in a sieve, then rinse under cold water to stop cooking.
- Drain well, then transfer to dressing along with cilantro and shallot and toss well to coat.
- Discard corn cobs, then purée soup in batches in a blender (use caution when blending hot liquids) until smooth, transferring to a 2-quart measure.

- Divide soup among bowls and gently stir 1/4 cup corn relish into each.
- Soup (without corn relish) can be made 2 days ahead and chilled, covered. Reheat before serving. · Corn relish can be made 1 hour ahead and kept, covered, at room temperature.

## Nutrition Facts

**PROTEIN 6.87%**

**FAT 50.85%**

**CARBS 42.28%**

### Properties

Glycemic Index:31.64, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:12.413043478261%

### Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

### Nutrients (% of daily need)

Calories: 237.65kcal (11.88%), Fat: 14.78g (22.73%), Saturated Fat: 9.71g (60.68%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 22.97g (8.35%), Sugar: 9.03g (10.04%), Cholesterol: 0mg (0%), Sodium: 180.43mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin A: 1893.78IU (37.88%), Manganese: 0.74mg (36.88%), Vitamin C: 22.24mg (26.96%), Potassium: 738.57mg (21.1%), Fiber: 4.68g (18.71%), Folate: 70.55µg (17.64%), Vitamin B6: 0.29mg (14.66%), Magnesium: 54.9mg (13.72%), Copper: 0.27mg (13.27%), Phosphorus: 127.51mg (12.75%), Iron: 1.82mg (10.1%), Vitamin B3: 2.01mg (10.04%), Vitamin B1: 0.13mg (8.45%), Vitamin B2: 0.14mg (8.29%), Vitamin B5: 0.74mg (7.37%), Zinc: 0.9mg (5.97%), Vitamin E: 0.83mg (5.5%), Selenium: 3.8µg (5.43%), Vitamin K: 5.66µg (5.39%), Calcium: 53.93mg (5.39%)