



## Carrot Coconut Lime Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



535 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 large carrots peeled chopped
- 2 teaspoons chili paste depending on your taste pref
- 7 cups coconut milk
- 1 teaspoon cumin
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ginger fresh grated
- 2 cloves garlic minced
- 0.3 cup juice of lime

- 2 tablespoons olive oil
- 2 onion chopped
- 2 large potatoes peeled chopped
- 3 cups vegetable stock

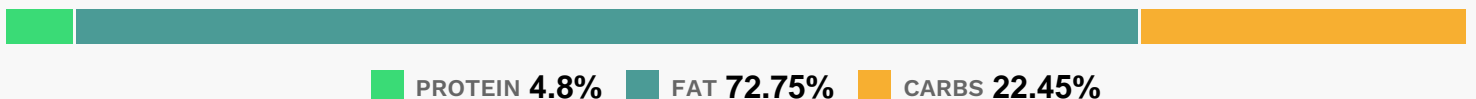
## Equipment

- food processor
- pot
- blender
- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium heat. Stir and cook the chili paste, cumin, and 1 tablespoon of cilantro until fragrant, about 1 minute.
- Add the ginger, onion, and garlic; cook until the onions are soft and translucent, about 5 minutes.
- Place the potatoes and carrots into the pot with the onion mixture and cook for an additional 5 minutes.
- Pour the vegetable broth and coconut milk over the cooked vegetables. Turn the heat to medium-high and bring to a boil, stirring occasionally. Reduce the heat to medium-low and simmer for 30 to 45 minutes or until the potatoes and carrots are soft.
- Remove the Dutch oven from the heat and stir in the lime juice. Working in batches, puree the soup in a blender or food processor until smooth.
- Serve hot or chilled, garnished with the remaining cilantro.

## Nutrition Facts



## Properties

Glycemic Index:47.7, Glycemic Load:20.06, Inflammation Score:-10, Nutrition Score:22.241739008738%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

## **Nutrients (% of daily need)**

Calories: 534.55kcal (26.73%), Fat: 45.99g (70.76%), Saturated Fat: 37.95g (237.17%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 27.85g (10.13%), Sugar: 5.45g (6.06%), Cholesterol: 0mg (0%), Sodium: 423.2mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Vitamin A: 9227.6IU (184.55%), Manganese: 1.8mg (89.79%), Iron: 7.68mg (42.69%), Vitamin C: 28.13mg (34.1%), Magnesium: 123.4mg (30.85%), Potassium: 1058.92mg (30.25%), Copper: 0.58mg (29.23%), Phosphorus: 273.53mg (27.35%), Vitamin B6: 0.45mg (22.54%), Fiber: 4.1g (16.38%), Folate: 58.95µg (14.74%), Vitamin B3: 2.85mg (14.23%), Vitamin B1: 0.17mg (11.45%), Vitamin K: 11.49µg (10.95%), Zinc: 1.58mg (10.54%), Vitamin B5: 0.77mg (7.72%), Calcium: 75.95mg (7.59%), Vitamin E: 0.91mg (6.05%), Vitamin B2: 0.07mg (4.24%)