



Carrot Ginger Coconut Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



89 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 carrots chopped
- ☐ 1 cup coconut milk
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 1 small onion chopped
- ☐ 1 small bell pepper red chopped
- ☐ 1 medium potatoes – remove skin red chopped

- ☐ 12 cups vegetable broth low-sodium
- ☐ 0.5 teaspoon pepper white

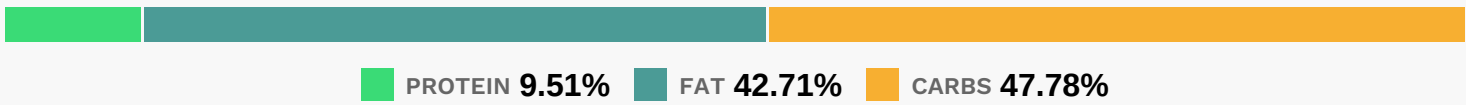
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook broth in a large, heavy saucepan, reducing it by half to concentrate flavors.
- ☐ Heat oil in a medium saut pan.
- ☐ Add onion and garlic; saut 3 to 5 minutes, or until onion is translucent.
- ☐ Add ginger, potato, and carrot; cover and cook 5 minutes, stirring occasionally.
- ☐ Add coconut milk and bell pepper; cover and cook 5 more minutes.
- ☐ Add reduced broth to vegetable mixture; season with pepper. Cover and cook until all vegetables are tender.
- ☐ In blender or food processor, puree soup in small batches until smooth. Adjust seasonings.
- ☐ Serve in warm soup bowls.
- ☐ Garnish with apple or pear cubes, if desired.
- ☐ Garnish with a combination of scallions and chopped fresh parsley or cilantro.

Nutrition Facts



Properties

Glycemic Index:20.65, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:8.7330434957276%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 88.84kcal (4.44%), Fat: 4.5g (6.93%), Saturated Fat: 3.63g (22.72%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 8.63g (3.14%), Sugar: 3.68g (4.08%), Cholesterol: 0mg (0%), Sodium: 34.26mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Vitamin A: 6988.23IU (139.76%), Vitamin C: 12.54mg (15.2%), Manganese: 0.25mg (12.52%), Fiber: 2.71g (10.83%), Potassium: 275.62mg (7.87%), Vitamin K: 6.41µg (6.11%), Vitamin B6: 0.12mg (6%), Iron: 0.93mg (5.17%), Magnesium: 18.98mg (4.75%), Phosphorus: 47.02mg (4.7%), Copper: 0.09mg (4.46%), Folate: 17.54µg (4.38%), Vitamin B3: 0.79mg (3.97%), Vitamin B1: 0.05mg (3.46%), Vitamin E: 0.42mg (2.78%), Vitamin B5: 0.22mg (2.18%), Vitamin B2: 0.04mg (2.14%), Calcium: 21.06mg (2.11%), Zinc: 0.29mg (1.94%)