



Coconut Broth



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 15.5 ounce coconut milk canned
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest freshly grated
- ☐ 0.5 teaspoon pepper dried red crushed

- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon miso white yellow soybean paste

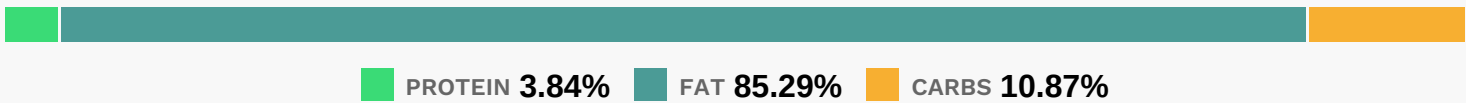
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a small saucepan over medium heat.
- ☐ Add lime zest, green onions, shallots, and crushed red pepper, and mix well. Cook 2 to 3 minutes or until shallots are translucent, stirring frequently to prevent browning. Reduce heat to low.
- ☐ Stir in coconut milk and next 3 ingredients. Simmer 3 to 5 minutes.
- ☐ Add cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:3.6917391077656%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 132.91kcal (6.65%), Fat: 13.39g (20.59%), Saturated Fat: 9.5g (59.37%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.88g (2.08%), Cholesterol: 0mg (0%), Sodium: 188.69mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Manganese: 0.43mg (21.51%), Vitamin K: 8.11µg (7.73%), Copper: 0.13mg (6.52%), Fiber: 1.25g (4.99%), Phosphorus: 49.77mg (4.98%), Iron: 0.85mg (4.72%), Magnesium: 18.54mg (4.63%), Selenium: 2.91µg (4.16%), Vitamin E: 0.62mg (4.14%), Potassium: 140.58mg (4.02%), Vitamin C: 3.29mg (3.99%), Folate: 10.18µg (2.54%), Zinc: 0.36mg (2.43%), Vitamin B3: 0.39mg (1.93%), Vitamin B6: 0.03mg (1.52%), Vitamin A: 63.88IU (1.28%), Calcium: 11.69mg (1.17%), Vitamin B1: 0.02mg (1.14%), Vitamin B5: 0.1mg (1.01%)