



# Coconut Carrot-Ginger Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon coconut oil
- 1 medium onion diced
- 8 large carrots chopped
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 3 cloves garlic minced
- 4 cups chicken stock see
- 2 tablespoons ginger grated

1 can coconut milk

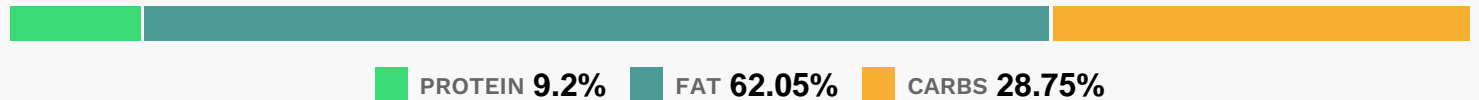
## Equipment

blender

## Directions

- Sautee onions in coconut oil, add carrots and salt, cook through.
- Season and add garlic.
- For 30 seconds and remove from heat.
- Place vegetables in a blender with stock and ginger, blend well.
- Return to heat and bring to a boil for 3 minutes.
- Remove from heat and stir in coconut milk.
- Add more salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:28.81, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:15.481304347826%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

## Taste

Sweetness: 100%, Saltiness: 20.29%, Sourness: 21.37%, Bitterness: 31.14%, Savoriness: 6.92%, Fattiness: 21.91%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 281.37kcal (14.07%), Fat: 20.38g (31.35%), Saturated Fat: 16.55g (103.44%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 16.67g (6.06%), Sugar: 10.14g (11.26%), Cholesterol: 4.8mg (1.6%), Sodium: 693.93mg (30.17%), Protein: 6.8g (13.6%), Vitamin A: 16043.52IU (320.87%), Manganese: 0.81mg (40.68%), Vitamin B3: 4.03mg

(20.14%), Potassium: 694.19mg (19.83%), Fiber: 4.57g (18.26%), Copper: 0.33mg (16.26%), Phosphorus: 152mg (15.2%), Vitamin B6: 0.3mg (14.83%), Vitamin K: 13.31µg (12.68%), Vitamin C: 9.79mg (11.87%), Vitamin B2: 0.2mg (11.72%), Selenium: 8.08µg (11.54%), Magnesium: 45.95mg (11.49%), Folate: 40.71µg (10.18%), Iron: 1.81mg (10.04%), Vitamin B1: 0.15mg (9.92%), Zinc: 0.96mg (6.4%), Calcium: 55.08mg (5.51%), Vitamin E: 0.8mg (5.31%), Vitamin B5: 0.42mg (4.21%)