



 4%
HEALTH SCORE

Coconut Curry Pumpkin Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce pumpkin puree 100% pure canned
- 0.3 cup coconut oil
- 1 teaspoon curry powder
- 1 clove garlic minced
- 0.3 teaspoon ground coriander
- 1 cup lite coconut milk light
- 1 cup onion chopped
- 0.3 teaspoon pepper red crushed

- 0.5 teaspoon salt
- 3 cups vegetable stock

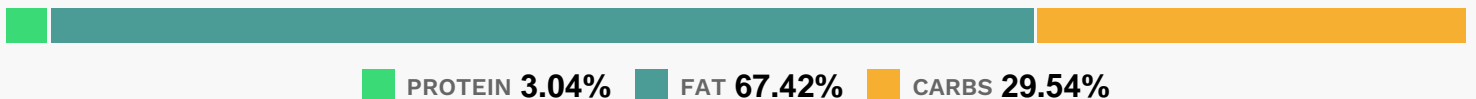
Equipment

- whisk
- pot
- blender

Directions

- Heat the coconut oil in a deep pot over medium-high heat. Stir in the onions and garlic; cook until the onions are translucent, about 5 minutes.
- Mix in the vegetable broth, curry powder, salt, coriander, and red pepper flakes. Cook and stir until the mixture comes to a gentle boil, about 10 minutes. Cover, and boil 15 to 20 minutes more, stirring occasionally.
- Whisk in the pumpkin and coconut milk, and cook another 5 minutes.
- Pour the soup into a blender, filling only half way and working in batches if necessary; process until smooth. Return to a pot, and reheat briefly over medium heat before serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:8.2704348019932%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 146.39kcal (7.32%), Fat: 11.52g (17.73%), Saturated Fat: 9.84g (61.5%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 8.67g (3.15%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 697.83mg (30.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin A: 11308.94IU (226.18%), Vitamin K: 11.93µg

(11.36%), Fiber: 2.69g (10.78%), Manganese: 0.17mg (8.31%), Iron: 1.18mg (6.57%), Vitamin C: 5.16mg (6.26%), Vitamin E: 0.87mg (5.81%), Potassium: 194.8mg (5.57%), Magnesium: 20.34mg (5.09%), Copper: 0.09mg (4.61%), Vitamin B6: 0.08mg (4.17%), Folate: 14.12µg (3.53%), Phosphorus: 35.06mg (3.51%), Vitamin B5: 0.32mg (3.2%), Vitamin B2: 0.05mg (2.82%), Calcium: 28.14mg (2.81%), Vitamin B1: 0.03mg (2.1%), Vitamin B3: 0.32mg (1.59%), Zinc: 0.19mg (1.3%)