



Coconut-Tamari Mushroom Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



289 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce coconut milk canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 cups mushrooms fresh sliced
- ☐ 3 cloves garlic minced
- ☐ 1 juice of lime juiced
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon tamari sauce to taste
- ☐ 2 cubes vegetable bouillon

- ☐ 3 tablespoons wakame seaweed dried (brown)
- ☐ 6 cups water boiling

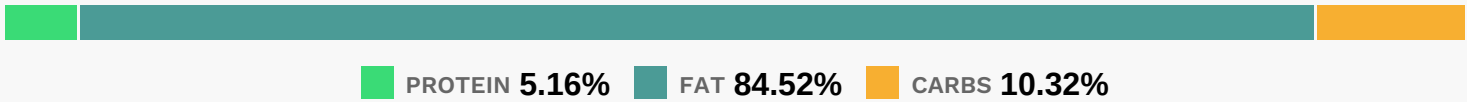
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Dissolve the vegetable bouillon cubes in the boiling water, then stir in the sliced mushrooms; set aside for 20 minutes.
- ☐ Place the seaweed in a small bowl, and cover with warm water; set aside.
- ☐ Heat the olive oil in a large saucepan over medium-low heat. Stir in the garlic and cook until softened, about 5 minutes. Strain the mushrooms from the vegetable broth and squeeze dry; reserve the broth. Stir the mushrooms into the pot; cook and stir until the mushrooms have browned and are tender, about 15 minutes.
- ☐ Pour in the coconut milk and reserved vegetable broth.
- ☐ Drain the wakame and squeeze out excess water.
- ☐ Add the wakame to the pot along with the cilantro, lime juice, and tamari. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer to let the flavors mingle, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:9.8743479174116%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 289.22kcal (14.46%), Fat: 29.05g (44.7%), Saturated Fat: 21.69g (135.55%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 5.25g (1.91%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 86mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Manganese: 0.98mg (49.15%), Copper: 0.46mg (22.84%), Selenium: 10.8µg (15.43%), Phosphorus: 145.46mg (14.55%), Vitamin B3: 2.57mg (12.83%), Potassium: 427.68mg (12.22%), Vitamin B2: 0.2mg (11.82%), Magnesium: 45.82mg (11.46%), Iron: 1.99mg (11.04%), Fiber: 2.73g (10.92%), Vitamin B5: 0.93mg (9.3%), Folate: 28.56µg (7.14%), Vitamin C: 5.45mg (6.61%), Zinc: 0.96mg (6.41%), Vitamin E: 0.95mg (6.33%), Vitamin B6: 0.1mg (5.02%), Vitamin K: 4.95µg (4.71%), Vitamin B1: 0.07mg (4.65%), Calcium: 28.55mg (2.86%)