



Cold Curried Carrot and Coconut Milk Soup

 Vegetarian  Gluten Free

READY IN



46 min.

SERVINGS



6

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups carrots peeled sliced
- 1 tablespoon curry powder
- 1 tablespoon gingerroot fresh finely grated peeled
- 6 servings ice water for thinning soup
- 1 tablespoon juice of lime fresh
- 2.5 cups low-salt chicken broth
- 0.7 cup onion chopped
- 6 servings salt and pepper black freshly ground

- 0.8 cup scallion finely chopped (1 bunch)
- 6 servings garnish: scallions trimmed
- 2 tablespoons butter unsalted
- 1 cups coconut milk unsweetened canned

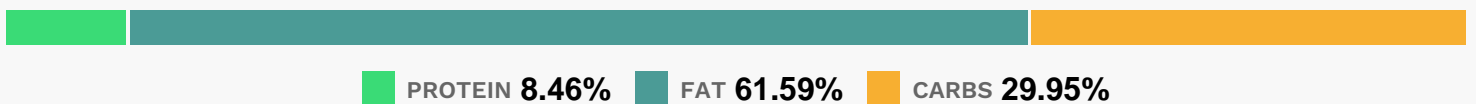
Equipment

- bowl
- sauce pan
- blender

Directions

- In a large heavy saucepan, cook chopped scallion, onion, and gingerroot in butter with curry powder and salt and pepper, to taste, over moderately low heat until softened and add carrots and broth. Simmer mixture, covered, 20 minutes, or until carrots are very soft.
- In a blender puree mixture in batches with coconut milk until very smooth, transferring as pureed to a bowl. Stir in 1 tablespoon lime juice and chill soup at least 6 hours or overnight.
- Thin soup with ice water and season with additional lime juice, salt, and pepper.
- Garnish soup with sliced scallions.

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:15.003478328819%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 194.27kcal (9.71%), Fat: 14.3g (22.01%), Saturated Fat: 11.08g (69.25%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 11.21g (4.08%), Sugar: 6.79g (7.54%), Cholesterol: 10.03mg (3.34%), Sodium: 111.14mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin A: 14568.86IU (291.38%), Vitamin K: 51.17µg (48.74%), Manganese: 0.6mg (30%), Fiber: 4.44g (17.77%), Potassium: 565.49mg (16.16%), Vitamin C: 11.87mg (14.39%), Copper: 0.27mg (13.43%), Vitamin B3: 2.66mg (13.29%), Phosphorus: 116.88mg (11.69%), Folate: 39.91µg (9.98%), Iron: 1.75mg (9.7%), Vitamin B6: 0.19mg (9.41%), Magnesium: 37.37mg (9.34%), Vitamin E: 1.07mg (7.11%), Calcium: 69.88mg (6.99%), Vitamin B2: 0.1mg (6.11%), Vitamin B1: 0.09mg (5.92%), Zinc: 0.75mg (4.99%), Selenium: 3µg (4.28%), Vitamin B5: 0.35mg (3.54%), Vitamin B12: 0.11µg (1.77%)