



Corn and Coconut Soup (Sopa de Chocolo y Coco)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 can coconut milk
- ☐ 0.5 cup cilantro leaves plus more for garnish chopped
- ☐ 4 servings cumin to taste
- ☐ 5 ears of corn fresh cut in half)
- ☐ 2 garlic cloves minced
- ☐ 4 servings olive oil
- ☐ 0.5 cup onion chopped

- ☐ 4 servings paprika to taste
- ☐ 1 large potatoes peeled cut into chunks
- ☐ 4 servings salt and pepper
- ☐ 12 shrimp deveined peeled
- ☐ 4.5 cups water

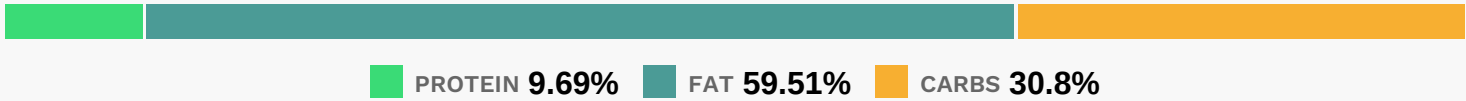
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a medium pot over medium heat, place the water, corn kernels and cobs, cilantro, onion, garlic, potato, cumin, paprika, salt and pepper. Cover and simmer for 30 minutes.
- ☐ Add the coconut milk and cook for 10 minutes more. Discard the corn cobs, and then puree the soup in a blender until smooth.
- ☐ Transfer the soup back to the pot and bring to a boil, turn the heat off and serve.For the shrimp: Rub the shrimp with paprika, cumin, salt and pepper.
- ☐ Place in a sauté pan with 1 tablespoon olive oil, cook about 2 minutes on each side and top each bowl of soup with 3 shrimp.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:12.43, Inflammation Score:-8, Nutrition Score:21.503912987916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 567.13kcal (28.36%), Fat: 40.07g (61.65%), Saturated Fat: 23.52g (147%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 38.94g (14.16%), Sugar: 12.21g (13.57%), Cholesterol: 48.3mg (16.1%), Sodium: 285.5mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Manganese: 1.38mg (68.77%), Vitamin C: 31.21mg (37.83%), Phosphorus: 337.23mg (33.72%), Potassium: 1143.62mg (32.67%), Copper: 0.63mg (31.31%), Fiber: 7.71g (30.84%), Magnesium: 123.12mg (30.78%), Vitamin A: 1345.49IU (26.91%), Vitamin B6: 0.5mg (25.13%), Iron: 4.37mg (24.28%), Folate: 84.18µg (21.04%), Vitamin B3: 4.03mg (20.13%), Vitamin B1: 0.3mg (20.04%), Vitamin E: 2.92mg (19.5%), Vitamin K: 18.58µg (17.7%), Zinc: 2.08mg (13.87%), Vitamin B5: 1.36mg (13.58%), Selenium: 7.66µg (10.94%), Calcium: 79.31mg (7.93%), Vitamin B2: 0.13mg (7.62%)