



Curried Sweet Potato Soup with Crab



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 13.5 oz coconut milk canned
- ☐ 0.3 lb surimi crab sticks shelled cooked
- ☐ 1 tablespoon regular curry powder red
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil

- ☐ 1 cup onion diced
- ☐ 0.5 cup roasted pepper diced red canned peeled
- ☐ 4 servings salt
- ☐ 0.8 lb sweet potatoes and into

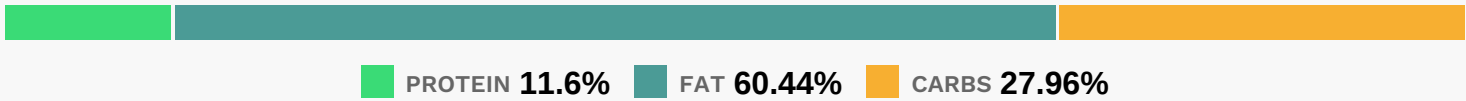
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ microwave

Directions

- ☐ Scrub sweet potato and pierce with a fork. Cook in a microwave oven at full power (100%) for 4 minutes. Turn over and cook until tender when pressed, 2 to 4 minutes more. (Or bake in a 400 oven until tender when pressed, about 45 minutes.)
- ☐ Slit potato, then let stand until cool enough to handle. Scoop flesh into a blender.
- ☐ Add coconut milk and whirl until smoothly pureed.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over medium heat, frequently stir oil, onion, and garlic until onion is limp, 8 to 10 minutes.
- ☐ To onion, add curry paste, coriander, cumin, broth, and sweet potato mixture, mixing well. Bring to a boil over high heat, stirring, then reduce heat and simmer, covered, to blend flavors, about 20 minutes.
- ☐ Stir crab and red pepper into pan. Ladle soup into bowls. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:9.46, Inflammation Score:-10, Nutrition Score:22.5630434907%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 389.87kcal (19.49%), Fat: 27.36g (42.1%), Saturated Fat: 20.92g (130.74%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 22.49g (8.18%), Sugar: 8.91g (9.9%), Cholesterol: 36.67mg (12.22%), Sodium: 1174.61mg (51.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Vitamin A: 12755.55IU (255.11%), Manganese: 1.28mg (63.8%), Copper: 0.77mg (38.29%), Selenium: 25.85µg (36.93%), Phosphorus: 259.29mg (25.93%), Vitamin B12: 1.49µg (24.76%), Fiber: 5.99g (23.96%), Potassium: 777.52mg (22.21%), Vitamin C: 18.15mg (22%), Magnesium: 81.32mg (20.33%), Vitamin B6: 0.39mg (19.52%), Iron: 3.23mg (17.92%), Zinc: 2.53mg (16.87%), Vitamin B3: 3.06mg (15.32%), Vitamin B5: 1.44mg (14.36%), Folate: 55.59µg (13.9%), Calcium: 113.36mg (11.34%), Vitamin E: 1.59mg (10.6%), Vitamin B1: 0.14mg (9.26%), Vitamin B2: 0.13mg (7.78%), Vitamin K: 4.07µg (3.87%)