



Curry and Coconut Milk Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups baby spinach



1 cup carrots chopped



1 cup coconut milk



0.3 cup cilantro leaves fresh finely chopped



0.5 cup green onions finely sliced



341 ml vh® curry sauce yellow



1 cup onion diced finely



1 cup bell pepper diced red finely

- ☐ 2 teaspoons vegetable oil
- ☐ 4 cups vegetable stock

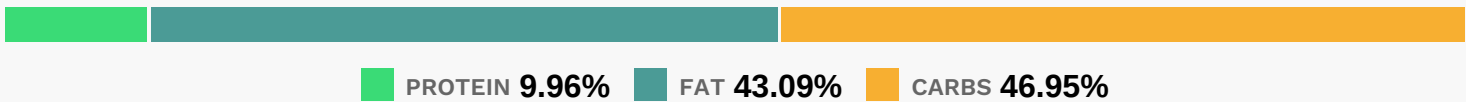
Equipment

- ☐ pot

Directions

- ☐ In a large pot saute onion, carrot and pepper in vegetable oil over medium heat. Cook until tender, about 10 minutes.
- ☐ Add stock, coconut milk and VH® Yellow Curry sauce; simmer over low heat for 15 minutes.
- ☐ Stir in spinach, green onions and cilantro, cook 1 minute and serve.

Nutrition Facts



Properties

Glycemic Index:87.21, Glycemic Load:6.53, Inflammation Score:-10, Nutrition Score:50.521304099456%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg

Nutrients (% of daily need)

Calories: 466.49kcal (23.32%), Fat: 26.39g (40.6%), Saturated Fat: 13g (81.25%), Carbohydrates: 64.71g (21.57%), Net Carbohydrates: 33.37g (12.13%), Sugar: 9.49g (10.55%), Cholesterol: 0mg (0%), Sodium: 1031.16mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Manganese: 4.39mg (219.41%), Vitamin A: 9452.79IU (189.06%), Vitamin K: 196.85µg (187.48%), Iron: 28.04mg (155.78%), Vitamin E: 20.14mg (134.24%), Fiber: 31.34g (125.38%), Vitamin C: 69.65mg (84.42%), Magnesium: 269.45mg (67.36%), Vitamin B6: 1.24mg (61.76%), Folate: 207.73µg (51.93%), Potassium: 1802.52mg (51.5%), Calcium: 464.55mg (46.46%), Copper: 0.89mg (44.46%), Phosphorus: 396.7mg (39.67%), Zinc: 4.14mg (27.6%), Selenium: 15.08µg (21.54%), Vitamin B3: 4.23mg (21.13%), Vitamin B1: 0.31mg (20.47%), Vitamin B2: 0.34mg (20.03%), Vitamin B5: 0.37mg (3.66%)