



Mushroom and Coconut Milk Soup



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings bell pepper black freshly ground
- ☐ 2.5 cups regular coconut milk
- ☐ 12 oz cremini mushrooms white chopped
- ☐ 2 Tablespoons extra olive oil
- ☐ 12 juice of lemon
- ☐ 6 leeks trimmed sliced finely
- ☐ 4 oz shitake mushrooms sliced
- ☐ 6 Tablespoons olive oil

- ☐ 6 servings sea salt
- ☐ 2.5 cups gluten/wheat-free vegetable stock

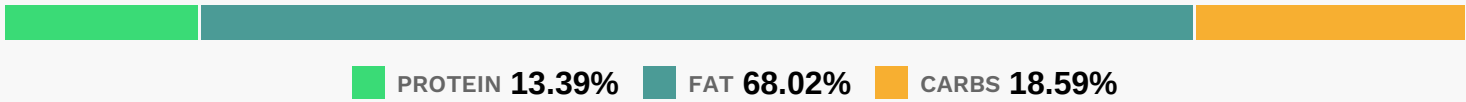
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat the oil in a heavy pan and add the leeks. Sauté gently for 2–3 minutes, then add the chopped mushrooms. Continue to cook gently, uncovered for a further 10 minutes.
- ☐ Add the coconut milk and stock. Bring to the boil then reduce the heat and simmer for approximately 20 minutes.Purée in a liquidiser or food processor then return to the pan and season to taste with the salt, pepper and lemon juice.When ready to serve, heat the extra oil in a pan and briskly fry the sliced oyster or shitake mushrooms.Reheat the soup and serve with the extra mushrooms scattered over the top.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:6.25, Inflammation Score:-8, Nutrition Score:22.017391463985%

Flavonoids

Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 496.73kcal (24.84%), Fat: 39.98g (61.5%), Saturated Fat: 20.47g (127.91%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 21.55g (7.84%), Sugar: 6.33g (7.04%), Cholesterol: 0mg (0%), Sodium: 489.92mg (21.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Manganese: 1.26mg (63.06%), Vitamin K: 53.23µg (50.7%), Vitamin C: 35.24mg (42.71%), Iron: 6.2mg (34.43%), Copper: 0.67mg (33.57%), Vitamin A:

1487.78IU (29.76%), Selenium: 17.45µg (24.94%), Folate: 99.55µg (24.89%), Vitamin E: 3.61mg (24.04%), Vitamin B2: 0.39mg (22.92%), Potassium: 744.84mg (21.28%), Phosphorus: 210.8mg (21.08%), Magnesium: 78.82mg (19.7%), Vitamin B3: 3.85mg (19.24%), Vitamin B6: 0.34mg (17.18%), Vitamin B5: 1.48mg (14.82%), Fiber: 3.04g (12.15%), Vitamin B1: 0.16mg (10.52%), Zinc: 1.39mg (9.25%), Calcium: 84.58mg (8.46%), Vitamin B12: 0.06µg (1.07%)