



# Pumpkin, Sweet Potato, Leek and Coconut Milk Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 leek chopped
- 1.3 cups coconut milk light
- 1 onion finely chopped
- 1 pound pumpkin diced peeled
- 0.8 pound sweet potatoes and into cubed peeled
- 1 quart vegetable broth
- 1 tablespoon vegetable oil

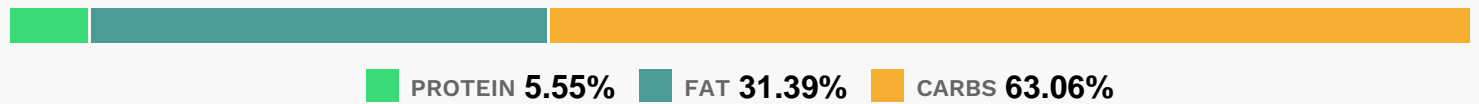
## Equipment

- pot
- potato masher

## Directions

- Heat the oil in a soup pot over medium heat.
- Add the onion and leek, and cook for a few minutes, until soft. Stir in the pumpkin, sweet potato, and vegetable broth. Bring to a boil, then cover and reduce heat to low.
- Simmer for about 15 minutes, until vegetables are tender. Mash vegetables coarsely using a potato masher. Stir in the coconut milk, season with salt and pepper, and serve.

## Nutrition Facts



## Properties

Glycemic Index:29.25, Glycemic Load:8.08, Inflammation Score:-10, Nutrition Score:9.6156521931939%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 110.58kcal (5.53%), Fat: 3.91g (6.01%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 15.67g (5.7%), Sugar: 5.36g (5.96%), Cholesterol: 0mg (0%), Sodium: 525.95mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin A: 11297.41IU (225.95%), Manganese: 0.25mg (12.59%), Potassium: 376.18mg (10.75%), Vitamin C: 8.48mg (10.27%), Vitamin K: 9.8µg (9.33%), Vitamin B6: 0.17mg (8.29%), Fiber: 1.99g (7.97%), Copper: 0.15mg (7.75%), Vitamin E: 0.96mg (6.37%), Folate: 23.48µg (5.87%), Vitamin B2: 0.1mg (5.61%), Magnesium: 21.92mg (5.48%), Vitamin B5: 0.54mg (5.42%), Iron: 0.98mg (5.42%), Phosphorus: 52.82mg (5.28%), Vitamin B1: 0.07mg (4.97%), Calcium: 34.39mg (3.44%), Vitamin B3: 0.64mg (3.19%), Zinc: 0.35mg (2.3%)