




Saharan West African Peanut and Pineapple Soup

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounce canned tomatoes diced canned
- 1 tablespoon canola oil
- 0.3 teaspoon cayenne pepper
- 1 stalk celery chopped
- 1 teaspoon curry powder
- 1 teaspoon garlic minced
- 0.3 cup green onion minced

- 1 teaspoon ground cumin
- 0.3 cup heavy whipping cream
- 1 leek chopped
- 0.8 cup peanut butter
- 1 cup pineapple pieces dried
- 0.3 teaspoon salt
- 0.5 onion sweet chopped
- 3 cups water

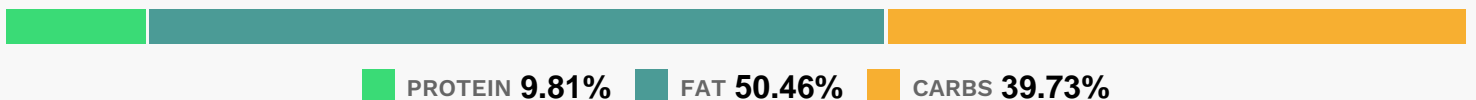
Equipment

- bowl
- pot

Directions

- Soak dried pineapple in a bowl of water until softened, at least 30 minutes; drain.
- Heat oil in a large pot over medium heat. Cook and stir sweet onion, celery, and leek in hot oil until tender, about 4 minutes.
- Sprinkle curry powder, cumin, cayenne pepper, and salt over the vegetables; stir to coat. Cook and stir until strongly fragrant, about 4 minutes more.
- Add peanut butter to the pot.
- Drain about half the juice from the tomatoes and discard; pour remaining tomatoes and juice into the pot. Cook until the tomatoes soften, about 5 minutes.
- Pour 3 cups water into the pot; add drained pineapple.
- Bring the mixture to a boil, reduce heat to medium-low, and simmer soup for 1 hour. Stir cream, green onion, and garlic into the soup.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.73, Inflammation Score:-5, Nutrition Score:8.3365217097428%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 228.2kcal (11.41%), Fat: 13.68g (21.05%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 21.63g (7.86%), Sugar: 17.45g (19.39%), Cholesterol: 6.72mg (2.24%), Sodium: 205.9mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.97%), Manganese: 0.44mg (22.06%), Vitamin E: 2.73mg (18.23%), Vitamin B3: 3.17mg (15.84%), Vitamin K: 14.19µg (13.51%), Magnesium: 48.08mg (12.02%), Fiber: 2.61g (10.45%), Vitamin C: 8.6mg (10.43%), Vitamin B6: 0.2mg (10.12%), Copper: 0.19mg (9.69%), Phosphorus: 93.52mg (9.35%), Iron: 1.61mg (8.92%), Folate: 34.97µg (8.74%), Potassium: 292.97mg (8.37%), Vitamin A: 389.55IU (7.79%), Calcium: 52.08mg (5.21%), Vitamin B1: 0.07mg (4.97%), Vitamin B2: 0.08mg (4.77%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.37mg (3.73%), Selenium: 1.5µg (2.15%)