



Speedy sweet potato soup with coconut



Vegetarian



Vegan



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



330 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 onion chopped
- ☐ 1 tsp curry paste green red
- ☐ 1l vegetable stock
- ☐ 0.3 can lite coconut milk reduced-fat
- ☐ 1 handful cilantro leaves roughly chopped
- ☐ 4 servings naan breads mini
- ☐ 750 g sweet potatoes and into grated

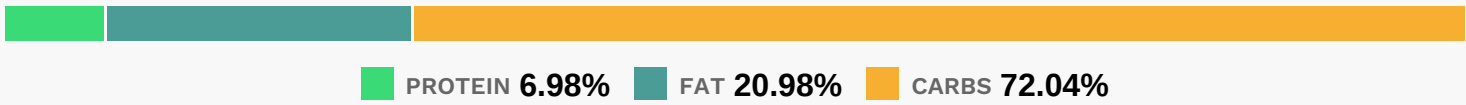
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat the oil in a deep saucepan, then soften the onion for 4–5 mins. Stir in the curry paste and cook for 1 min more until fragrant.
- ☐ Add the grated sweet potato and stock, then bring quickly to the boil, simmering for 5 mins until the potato is tender.
- ☐ Remove the soup from the heat, stir in the coconut and seasoning, then cool briefly before whizzing with a stick blender until smooth.
- ☐ Sprinkle with coriander and serve with warm naan breads.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:20.62, Inflammation Score:-10, Nutrition Score:14.045652197755%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 329.9kcal (16.5%), Fat: 7.66g (11.78%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 59.17g (19.72%), Net Carbohydrates: 52.51g (19.09%), Sugar: 12.2g (13.56%), Cholesterol: 2.48mg (0.83%), Sodium: 1329.62mg (57.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin A: 27394.46IU (547.89%), Fiber: 6.66g (26.65%), Manganese: 0.52mg (26.17%), Vitamin B6: 0.43mg (21.32%), Potassium: 677.23mg (19.35%), Vitamin B5: 1.54mg (15.4%), Copper: 0.3mg (14.81%), Magnesium: 49.88mg (12.47%), Vitamin K: 12.84µg (12.23%), Vitamin B1: 0.16mg (10.64%), Phosphorus: 96.58mg (9.66%), Calcium: 84.68mg (8.47%), Vitamin C: 6.91mg (8.38%), Vitamin B2: 0.12mg (7.26%), Iron: 1.25mg (6.96%), Folate: 26.47µg (6.62%), Vitamin B3: 1.09mg (5.44%), Vitamin E: 0.8mg

(5.31%), Zinc: 0.61mg (4.09%), Selenium: 1.27μg (1.82%)