

Spicy Sweet Potato and Coconut Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



321 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 2 inch ginger fresh thinly sliced
- 3.5 tablespoons juice of lemon
- 1 onion chopped
- 1 tablespoon curry paste red
- 1 teaspoon sea salt
- 1 tablespoon sesame oil toasted
- 1.5 pounds sweet potatoes and into

- 15 ounce coconut milk unsweetened canned
- 3 cups vegetable stock
- 1 tablespoon vegetable oil

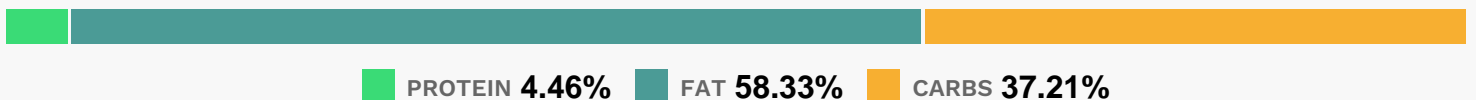
Equipment

- bowl
- sauce pan
- ladle
- oven
- whisk
- pot

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Place the sweet potatoes directly on the rack and bake until tender enough to easily pierce with a fork, about 45 minutes.
- Remove from the oven and allow to cool.
- Heat the oil in a large saucepan or soup pot over medium heat.
- Add the onion and ginger; cook and stir until tender, about 5 minutes. Stir in the curry paste and heat for 1 minute, then whisk in the coconut milk and vegetable broth. Bring to a boil, then reduce heat to low and simmer for about 5 minutes.
- Remove the skins from the sweet potatoes and cut into bite size chunks.
- Add to the soup and cook for 5 more minutes so they can soak up the flavor. Stir in lemon juice and season with salt. Ladle into bowls and garnish with a drizzle of sesame oil and a little bit of cilantro.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:12.37, Inflammation Score:-10, Nutrition Score:14.944782485133%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 321.38kcal (16.07%), Fat: 21.77g (33.49%), Saturated Fat: 15.75g (98.41%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 25.77g (9.37%), Sugar: 9.33g (10.37%), Cholesterol: 0mg (0%), Sodium: 932.36mg (40.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Vitamin A: 16822.68IU (336.45%), Manganese: 0.98mg (48.92%), Fiber: 5.48g (21.9%), Copper: 0.38mg (18.84%), Potassium: 621.04mg (17.74%), Vitamin B6: 0.29mg (14.61%), Magnesium: 58.29mg (14.57%), Phosphorus: 131.62mg (13.16%), Vitamin C: 10.14mg (12.29%), Iron: 2.01mg (11.14%), Vitamin B5: 1.08mg (10.83%), Vitamin K: 10.81µg (10.29%), Vitamin B1: 0.12mg (7.93%), Folate: 30.13µg (7.53%), Selenium: 5.2µg (7.43%), Vitamin B3: 1.23mg (6.16%), Zinc: 0.87mg (5.77%), Calcium: 55.11mg (5.51%), Vitamin B2: 0.08mg (4.61%), Vitamin E: 0.68mg (4.5%)