



Sweet Potato Coconut Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup chickpeas cooked
- ☐ 1 tablespoon coconut oil
- ☐ 1.8 cups so delicious dairy free culinary coconut milk
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 piece ginger fresh thinly sliced
- ☐ 1 juice of lime
- ☐ 1 onion chopped
- ☐ 0.3 cup peanuts chopped

- ☐ 1.5 tablespoons curry paste red
- ☐ 0.5 tsp sea salt
- ☐ 2 lbs orange-fleshed sweet potatoes peeled chopped
- ☐ 3 cups vegetable broth

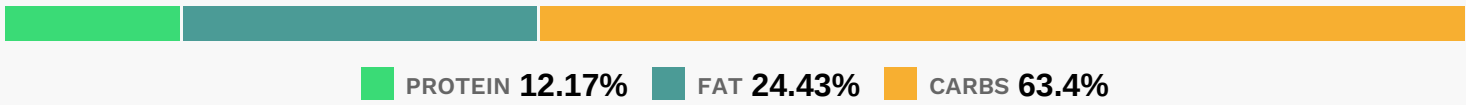
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Sauté onions in oil until tender, about 5 minutes.
- ☐ Add ginger and curry paste, cook 30s more.
- ☐ Add coconut milk and veggie broth to deglaze the pan. Bring to a boil, add potatoes and chickpeas. Cover and simmer 10–20min or until potatoes are soft.
- ☐ Remove from heat and stir in lime juice, cilantro, and salt. Puree in high speed blender or with a submersion blender. Optional: serve with chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:45.4, Glycemic Load:18.26, Inflammation Score:-10, Nutrition Score:20.659999992536%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 279.95kcal (14%), Fat: 7.79g (11.99%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 37.5g (13.64%), Sugar: 11.53g (12.81%), Cholesterol: 0mg (0%), Sodium: 786.28mg (34.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Vitamin A: 22662.02IU (453.24%), Manganese: 0.87mg (43.28%), Fiber: 8g (31.99%), Vitamin B6: 0.56mg (28.17%), Folate: 105.21µg (26.3%), Copper: 0.48mg (23.91%), Potassium: 775.84mg (22.17%), Vitamin B3: 4.27mg (21.36%), Calcium: 172.96mg (17.3%), Magnesium: 65.44mg (16.36%), Vitamin B1: 0.24mg (16.28%), Vitamin B2: 0.26mg (15.46%), Vitamin C: 12.53mg (15.19%), Vitamin E: 2.28mg (15.18%), Phosphorus: 147.64mg (14.76%), Vitamin B5: 1.43mg (14.34%), Iron: 2.46mg (13.67%), Vitamin B12: 0.74µg (12.39%), Zinc: 1.21mg (8.08%), Vitamin K: 8.07µg (7.68%), Selenium: 4.06µg (5.8%), Vitamin D: 0.83µg (5.51%)