



Tomato Coconut Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



378 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce coconut milk canned
- ☐ 16 ounce tomato sauce canned
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 1 cup celery diced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 cup onion diced
- ☐ 6 ounce tomato paste canned
- ☐ 2 teaspoons vegetable oil or as needed

☐ 2 cups water

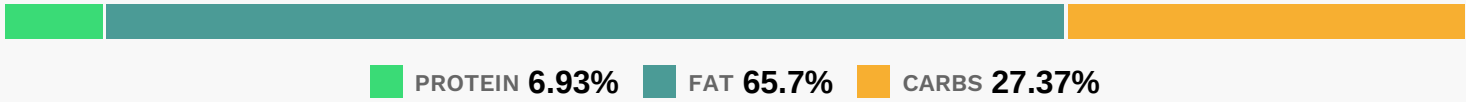
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Heat vegetable oil in a skillet over medium heat; cook and stir onion and celery in the hot oil until softened, about 10 minutes. Season with salt and black pepper.
- ☐ Mix onion mixture, water, diced tomatoes, coconut milk, tomato sauce, and tomato paste together in a large pot; bring to just a boil. Reduce heat and simmer until heated through, 15 minutes.
- ☐ Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:6.09, Inflammation Score:-8, Nutrition Score:21.217391138491%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 377.6kcal (18.88%), Fat: 30.1g (46.31%), Saturated Fat: 24.41g (152.55%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 19.95g (7.26%), Sugar: 16.72g (18.58%), Cholesterol: 0mg (0%), Sodium: 788.07mg (34.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Manganese: 1.54mg (76.79%), Copper: 0.76mg (38.1%), Vitamin C: 29.2mg (35.39%), Potassium: 1217.26mg (34.78%), Fiber: 8.27g (33.07%), Iron: 5.12mg (28.44%), Vitamin E: 4.01mg (26.76%), Magnesium: 98.28mg (24.57%), Vitamin B6: 0.45mg (22.47%), Vitamin K: 23.41µg

(22.3%), Phosphorus: 211.73mg (21.17%), Vitamin B3: 4.02mg (20.1%), Vitamin A: 940.97IU (18.82%), Folate: 65.33µg (16.33%), Vitamin B1: 0.2mg (13.16%), Selenium: 8.95µg (12.79%), Vitamin B5: 1.1mg (11.04%), Calcium: 110.32mg (11.03%), Vitamin B2: 0.18mg (10.6%), Zinc: 1.54mg (10.29%)