



Tropical Taro, Coconut Milk Vichyssoise



Vegetarian



Gluten Free



Low Fod Map

READY IN



240 min.

SERVINGS



6

CALORIES



326 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cup chicken stock see plus more if necessary
- ☐ 1 leaves cilantro as garnish
- ☐ 0.5 cup coconut syrup
- ☐ 1 cup coconut milk
- ☐ 1 teaspoon curry powder
- ☐ 6 servings salt & pepper white as needed
- ☐ 1.5 pound taro
- ☐ 2 tablespoon butter unsalted plus more for dish

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

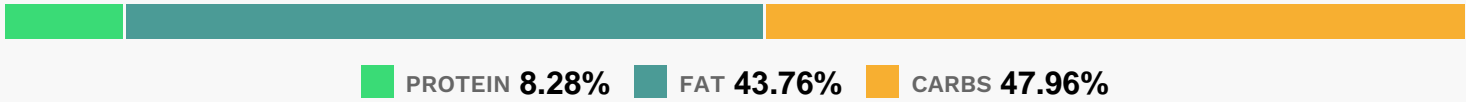
Directions

- ☐ Wearing gloves if you are sensitive, completely peel the taro. Then halve it lengthwise and cut it into 3/4-inch cubes.
- ☐ Add the cubes to a large bowl and cover them with cool water and allow them to soak about 30 minutes to remove some of the starch (optional). Preheat the oven to 375 degrees F.
- ☐ Add the taro to a large pot of salted water, bring to a boil, then lower the heat to a simmer. Parboil the taro until just beginning to soften. About 7 minutes.
- ☐ Drain the taro, returning it to the bowl. While the taro is still warm drizzle the coconut syrup over it and add salt and pepper to taste and mix it well to get the taro completely coated.
- ☐ Pour the taro into a buttered baking dish. Cover the dish tightly with foil.
- ☐ Bake in the preheated oven about 30 minutes.
- ☐ Remove from oven, allow to cool uncovered. In a large saute pan melt the butter over medium heat.
- ☐ Saute the leeks and onions with a pinch of salt. Cook until translucent, but not yet colored.
- ☐ Add the cooked taro to the pan along with the chicken stock. Bring the mixture to a boil, then turn off the heat allowing the mixture to cool somewhat. Working in batches, puree the mixture in a food processor or blender.
- ☐ Add the coconut milk and curry. Running the machine until completely smooth.
- ☐ Pour the pureed soup to a large covered bowl or tureen and adjust the consistency with a bit more stock if needed. Adjust seasoning. Cover and refrigerate at least 2 hours until well

chilled.

☐ Garnish with cilantro, and serve.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:16.42, Inflammation Score:-5, Nutrition Score:12.752608572659%

Flavonoids

Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 326.06kcal (16.3%), Fat: 16.27g (25.03%), Saturated Fat: 12.07g (75.45%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 34.42g (12.52%), Sugar: 3.44g (3.83%), Cholesterol: 14.83mg (4.94%), Sodium: 443.19mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.85%), Manganese: 0.84mg (41.96%), Potassium: 1001.85mg (28.62%), Fiber: 5.7g (22.82%), Vitamin B6: 0.43mg (21.33%), Vitamin E: 3.15mg (21.02%), Copper: 0.41mg (20.66%), Phosphorus: 191.31mg (19.13%), Vitamin B3: 3.51mg (17.57%), Magnesium: 66.54mg (16.63%), Iron: 2.51mg (13.97%), Vitamin B1: 0.17mg (11.61%), Vitamin B2: 0.17mg (9.98%), Folate: 38.44µg (9.61%), Selenium: 5.21µg (7.44%), Vitamin C: 5.65mg (6.85%), Calcium: 67.62mg (6.76%), Zinc: 0.81mg (5.41%), Vitamin A: 222.14IU (4.44%), Vitamin B5: 0.43mg (4.27%), Vitamin K: 2.76µg (2.63%)