



## African Kale & Yam Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



20 min.

SERVINGS



2

CALORIES



338 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tsp chili powder
- 0.3 tsp cinnamon
- 1 tsp cumin
- 1 tsp mild curry powder
- 1 tsp garlic powder
- 5 cups kale chopped
- 1 tbsp miso paste yellow
- 1 small onion whole red

- 0.3 tsp pepper flakes red
- 2 cups vegetable broth
- 1 yam diced whole

## Equipment

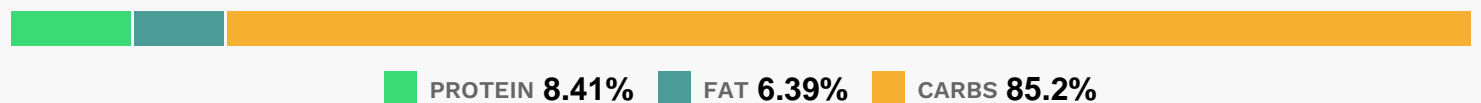
- pot

## Directions

- Slice red onion into thin slices. Line a medium pot with 1/4 cup of water and cook onions over high heat until translucent, about 3 minutes.
- Add broth, yam, 3/4 cup water and bring to a boil. Once boiling, reduce to medium and cook until potatoes are almost fork tender, about 3 minutes. Immediately add kale and remaining ingredients and cook, stirring frequently, until kale is dark green and soft, about 3 more minutes. Set aside for 5-10 minutes, allowing flavors to merge.

- Amount Per Serving
- Calories
- Fat
- 80g
- Carbohydrate
- 90g Dietary Fiber 11.30g Sugars 4g Protein 9.70g

## Nutrition Facts



## Properties

Glycemic Index:118.39, Glycemic Load:29.52, Inflammation Score:-10, Nutrition Score:33.164347787914%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 15.15mg, Isorhamnetin: 15.15mg, Isorhamnetin: 15.15mg, Isorhamnetin: 15.15mg Kaempferol: 24.93mg, Kaempferol: 24.93mg, Kaempferol: 24.93mg, Kaempferol: 24.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 23.02mg, Quercetin:

23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

## Nutrients (% of daily need)

Calories: 338.01kcal (16.9%), Fat: 2.5g (3.85%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 75.05g (25.02%), Net Carbohydrates: 61.12g (22.23%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 1357.52mg (59.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Vitamin K: 216.57µg (206.26%), Vitamin A: 6941.79IU (138.84%), Vitamin C: 89.26mg (108.19%), Manganese: 1.52mg (76.1%), Potassium: 2105.18mg (60.15%), Fiber: 13.93g (55.73%), Vitamin B6: 0.88mg (43.96%), Copper: 0.51mg (25.72%), Folate: 96.13µg (24.03%), Vitamin B1: 0.35mg (23.41%), Iron: 3.89mg (21.59%), Calcium: 214.85mg (21.49%), Magnesium: 82.99mg (20.75%), Phosphorus: 197.79mg (19.78%), Vitamin B2: 0.32mg (18.83%), Vitamin E: 2.49mg (16.6%), Vitamin B3: 2.36mg (11.79%), Zinc: 1.29mg (8.58%), Vitamin B5: 0.84mg (8.42%), Selenium: 4.02µg (5.74%)