



Apple-Yam Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery thinly sliced
- ☐ 2 cups granny smith apples diced cored peeled () (8 to 9 oz. total)
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons salad oil
- ☐ 4 servings salt and pepper
- ☐ 3 cups vegetable broth
- ☐ 3 cups yams diced peeled () (1 lb. total)
- ☐ 4 servings yogurt plain sour low-fat

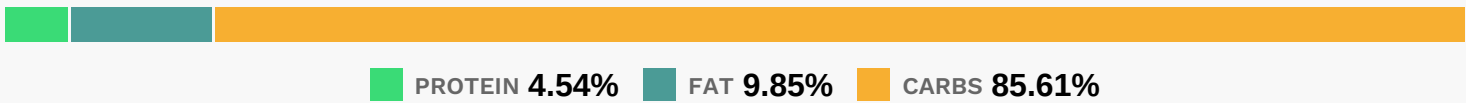
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ In a 3- to 4-quart pan over high heat, frequently stir celery and onion in oil until lightly browned, about 5 minutes.
- ☐ Add yams, apples, and broth; bring to a boil, cover, reduce heat, and simmer until yams are tender when pierced, about 15 minutes.
- ☐ With a slotted spoon, transfer vegetables and apples to a blender or food processor; whirl until smooth, adding enough cooking liquid to pure easily.
- ☐ Pour pure back into pan and stir over medium-high heat just until steaming, 2 to 3 minutes.
- ☐ Ladle soup into wide bowls.
- ☐ Add yogurt, salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:18.03, Inflammation Score:-7, Nutrition Score:10.374782503947%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg

Nutrients (% of daily need)

Calories: 210.14kcal (10.51%), Fat: 2.37g (3.65%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 46.43g (15.48%), Net Carbohydrates: 39.43g (14.34%), Sugar: 10.5g (11.66%), Cholesterol: 0.06mg (0.02%), Sodium: 921.94mg (40.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Vitamin C: 25.47mg (30.88%), Potassium: 1078.48mg (30.81%), Fiber: 6.99g (27.98%), Manganese: 0.53mg (26.68%), Vitamin B6: 0.41mg (20.65%), Vitamin A: 622.41IU (12.45%), Copper: 0.24mg (11.87%), Vitamin B1: 0.16mg (10.54%), Folate: 40.01µg (10%), Vitamin K: 9.25µg (8.81%), Phosphorus: 84.82mg (8.48%), Magnesium: 32.31mg (8.08%), Vitamin E: 0.9mg (5.99%), Vitamin B5: 0.48mg (4.78%), Iron: 0.79mg (4.41%), Vitamin B2: 0.07mg (4.26%), Calcium: 39.08mg (3.91%), Vitamin B3: 0.77mg (3.83%), Zinc: 0.39mg (2.59%), Selenium: 1.07µg (1.53%)