



Autumn Sweet Potato Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



273 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large onion diced peeled
- ☐ 3 medium tomatoes diced peeled canned (or 1 14 oz. can tomatoes)
- ☐ 1 pinch ground pepper to taste ()
- ☐ 8 cups vegetable stock yellow
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 tsp cumin
- ☐ 1 tbsp olive oil extra virgin
- ☐ 1 tbsp thyme sprigs fresh

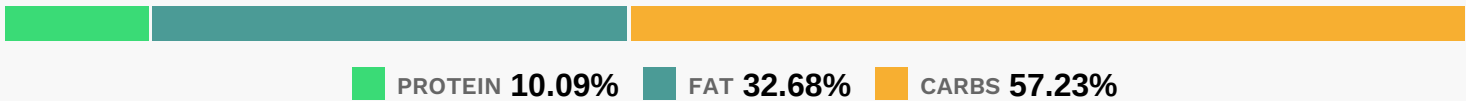
- ☐ 2 cloves garlic crushed
- ☐ 0.5 tsp ground ginger
- ☐ 8 servings salt and pepper
- ☐ 2.5 lbs sweet potatoes and into cubed peeled (yams)
- ☐ 1 lb zucchini sliced

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Autumn Sweet Potato Soup
- ☐ Ingredients1 tbsp extra virgin olive oil1 large brown onion, peeled and diced2 cloves garlic, crushed2 1/2 lbs orange sweet potatoes (yams), peeled and cubed1 lb zucchini, sliced2 qts (8 cups) yellow vegetable stock or chicken stock1 tbsp fresh thyme leaves1 tsp cumin1/2 tsp ground ginger
- ☐ Pinch of cayenne pepper (or more to taste)3 medium tomatoes, peeled and diced (or 1 14 oz. can diced tomatoes)1/2 cup creamy peanut butter
- ☐ Salt and pepper
- ☐ Chopped roasted peanuts or fresh thyme leaves for garnish (optional)
- ☐ Total Time: 55 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Pareve or Meat

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:16.51, Inflammation Score:-10, Nutrition Score:18.361304252044%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 272.96kcal (13.65%), Fat: 10.4g (15.99%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 34.45g (12.53%), Sugar: 12.84g (14.26%), Cholesterol: 0mg (0%), Sodium: 1346.43mg (58.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.45%), Vitamin A: 20822.81IU (416.46%), Manganese: 0.83mg (41.64%), Vitamin B6: 0.54mg (27.17%), Fiber: 6.51g (26.05%), Vitamin C: 20.47mg (24.82%), Potassium: 836.85mg (23.91%), Magnesium: 82.11mg (20.53%), Copper: 0.36mg (17.89%), Vitamin B3: 3.55mg (17.76%), Vitamin E: 2.46mg (16.38%), Phosphorus: 159.73mg (15.97%), Vitamin B5: 1.5mg (15.01%), Vitamin B1: 0.19mg (12.62%), Folate: 50.43µg (12.61%), Vitamin B2: 0.2mg (12.03%), Iron: 2.16mg (12.01%), Calcium: 84.23mg (8.42%), Zinc: 1.15mg (7.65%), Vitamin K: 7.41µg (7.06%), Selenium: 1.94µg (2.78%)