



Chicken and Sweet Potato Soup

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 4 chicken breast halves bone in with skin
- 14.5 ounce canned tomatoes chopped canned
- 8 cups chicken broth
- 1 teaspoon marjoram dried
- 1 tablespoon marjoram fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 6 garlic clove minced

- 1 teaspoon pepper fresh black
- 1 tablespoon olive oil
- 1 bell pepper diced red cored seeded
- 0.5 to 5 chilies red minced seeded
- 1 onion diced red
- 2 teaspoons salt
- 4 servings pepper black freshly ground
- 2 shallots thinly sliced
- 1 cup cream sour
- 2 sweet potatoes and into peeled chopped
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Preheat oven to 400°F/200°C. Rinse the chicken and pat dry. Season with salt and pepper and place skin side down in a roasting pan. Cook 30 to 35 minutes or until just done. Juices should run clear.
- Remove from the pan and cool until easy to handle.
- Remove the skin and discard. Pull the meat from the bones and shred into bite sized pieces. Melt the butter and olive oil together and add the onions and shallots. Cook and stir about 15 minutes until softened.
- Add the bell pepper and red chilli and continue to cook and stir about 5 minutes longer.
- Add the garlic and cook for another 2 to 3 minutes, stirring.
- Add the chicken broth, shredded chicken, sweet potatoes, tomatoes, dried marjoram leaves, bay leaves, salt and pepper and stir until combines. Bring to a low boil, then reduce the heat

and simmer, uncovered, about 1 hour, until the potatoes are tender and flavours have developed. Skim any fat off the top as it cooks. Discard the bay leaves. Taste for seasoning, adding additional salt and pepper if needed.

Serve in hot bowls with a dollop of sour cream on top of each.

Sprinkle fresh herbs on top.

Nutrition Facts

PROTEIN 31.46% **FAT 39.37%** **CARBS 29.17%**

Properties

Glycemic Index:100.25, Glycemic Load:15.54, Inflammation Score:-10, Nutrition Score:42.042173888372%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 599.8kcal (29.99%), Fat: 26.58g (40.9%), Saturated Fat: 11.09g (69.32%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 36.87g (13.41%), Sugar: 16.98g (18.87%), Cholesterol: 174.09mg (58.03%), Sodium: 3338.29mg (145.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.8g (95.6%), Vitamin A: 17970.73IU (359.41%), Vitamin B3: 22.33mg (111.63%), Vitamin B6: 2.03mg (101.26%), Selenium: 64.25µg (91.78%), Vitamin C: 68.97mg (83.6%), Phosphorus: 565.62mg (56.56%), Manganese: 1.04mg (51.92%), Potassium: 1712.32mg (48.92%), Vitamin B2: 0.73mg (43.22%), Vitamin B5: 4.23mg (42.29%), Magnesium: 122.05mg (30.51%), Fiber: 7.46g (29.83%), Vitamin B1: 0.44mg (29.52%), Copper: 0.56mg (27.85%), Vitamin E: 3.53mg (23.52%), Iron: 4.01mg (22.29%), Vitamin K: 23.17µg (22.07%), Calcium: 190.71mg (19.07%), Zinc: 2.48mg (16.53%), Folate: 63.12µg (15.78%), Vitamin B12: 0.59µg (9.8%), Vitamin D: 0.29µg (1.91%)