



Chicken and Sweet Potato Soup with Chile and Lime

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



88 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 bay leaves
- 1 teaspoon pepper black freshly ground
- 1 cup celery diced
- 3 cups meat from a rotisserie chicken shredded boneless cooked (1 pound chicken breasts)
- 2 teaspoons chipotle peppers in adobo sauce chopped
- 1 teaspoon basil dried
- 0.3 cup cilantro leaves fresh chopped

- 3 garlic cloves minced
- 1 teaspoon ground cumin
- 20 servings lime wedges
- 8 cups chicken broth low-sodium
- 2 tablespoons olive oil
- 2 teaspoons sea salt
- 1 pound sweet potatoes peeled chopped
- 1 slices garnishes: tortilla strips crispy
- 2 tablespoons butter unsalted
- 3 cups onions diced yellow

Equipment

- bowl
- sauce pan

Directions

- Heat oil and butter in a large heavy saucepan over medium-high heat until butter melts.
- Add onion, and cook, stirring occasionally, 10 minutes or until tender and almost caramelized.
- Add celery, and cook, stirring often, 10 more minutes.
- Add garlic, and cook, stirring constantly, 30 seconds, being careful not to brown garlic.
- Add peppers and next 4 ingredients, and cook, stirring, about 2 minutes.
- Add sweet potatoes, broth, and bay leaves; bring soup to a low boil. Reduce heat, and simmer for about 40 minutes or until potatoes are tender. Stir in chicken, and cook 2 more minutes. Skim any foam from the top of the soup while cooking, and discard.
- Remove bay leaves, and discard. Divide soup evenly among individual bowls, and top with cilantro and lime wedges.
- Serve immediately.
- Garnish, if desired.

Nutrition Facts



■ PROTEIN 18.15% ■ FAT 43.47% ■ CARBS 38.38%

Properties

Glycemic Index:12.4, Glycemic Load:2.85, Inflammation Score:-9, Nutrition Score:6.550434610118%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 87.84kcal (4.39%), Fat: 4.42g (6.79%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.35g (2.67%), Sugar: 2.28g (2.54%), Cholesterol: 9.11mg (3.04%), Sodium: 284.83mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin A: 3304.32IU (66.09%), Vitamin B3: 2.03mg (10.17%), Potassium: 229.94mg (6.57%), Manganese: 0.13mg (6.38%), Vitamin B6: 0.13mg (6.29%), Phosphorus: 61.22mg (6.12%), Fiber: 1.42g (5.68%), Copper: 0.1mg (5.18%), Vitamin K: 4.71µg (4.48%), Vitamin C: 3.11mg (3.77%), Vitamin B2: 0.06mg (3.76%), Iron: 0.66mg (3.67%), Magnesium: 12.37mg (3.09%), Vitamin B5: 0.31mg (3.07%), Vitamin B1: 0.04mg (2.46%), Folate: 9.83µg (2.46%), Vitamin E: 0.35mg (2.35%), Calcium: 23.41mg (2.34%), Zinc: 0.34mg (2.24%), Selenium: 1.54µg (2.21%), Vitamin B12: 0.12µg (2.03%)