



Creamy Carrot and Sweet Potato Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons butter divided
- 1 pound carrots chopped
- 3 cups fat-skimmed beef broth fat-free
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 cup half and half

- 0.3 cup cream sour reduced-fat
- 1 cup onion chopped
- 0.5 teaspoon salt
- 1.5 pounds sweet potatoes and into cubed peeled
- 3.5 cups water

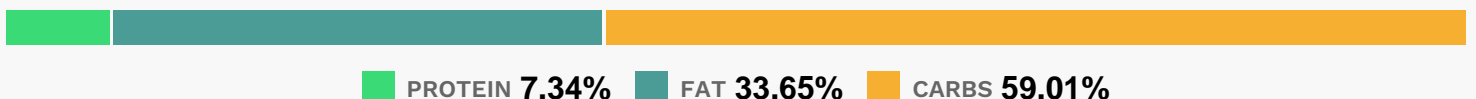
Equipment

- bowl
- frying pan
- ladle
- blender
- dutch oven

Directions

- Melt 1 tablespoon butter in a large Dutch oven over medium heat.
- Add onion to pan; cook 4 minutes or until tender, stirring occasionally. Stir in cinnamon and nutmeg; cook 1 minute, stirring constantly. Move onion mixture to side of pan; add remaining 2 tablespoons butter to open space in pan. Increase heat to medium-high; cook 1 minute or until butter begins to brown.
- Add sweet potatoes, 3 1/2 cups water, broth, and carrot; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until vegetables are tender.
- Place half of soup mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour into a large bowl. Repeat procedure with remaining soup mixture. Stir in half-and-half, salt, and pepper. Ladle about 1 cup soup into each of 8 bowls; top each serving with about 2 teaspoons sour cream and 3/4 teaspoon parsley.

Nutrition Facts



Properties

Glycemic Index:40.1, Glycemic Load:10.69, Inflammation Score:-10, Nutrition Score:13.122608646103%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg
Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 169.38kcal (8.47%), Fat: 6.52g (10.03%), Saturated Fat: 3.92g (24.52%), Carbohydrates: 25.72g (8.57%),
Net Carbohydrates: 21.15g (7.69%), Sugar: 7.58g (8.43%), Cholesterol: 17.29mg (5.76%), Sodium: 632.29mg
(27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin A: 21812.62IU (436.25%), Vitamin
K: 26.13µg (24.89%), Fiber: 4.57g (18.3%), Manganese: 0.36mg (17.92%), Potassium: 561.24mg (16.04%), Vitamin B6:
0.3mg (14.95%), Vitamin C: 8.35mg (10.13%), Copper: 0.2mg (10%), Vitamin B5: 0.99mg (9.95%), Phosphorus:
91.08mg (9.11%), Magnesium: 34.53mg (8.63%), Vitamin B1: 0.13mg (8.43%), Calcium: 80.69mg (8.07%), Vitamin B2:
0.14mg (8.07%), Vitamin B3: 1.56mg (7.81%), Folate: 27.8µg (6.95%), Iron: 0.94mg (5.21%), Vitamin E: 0.78mg
(5.19%), Selenium: 3.14µg (4.48%), Vitamin B12: 0.23µg (3.9%), Zinc: 0.55mg (3.66%)