



Creamy Sweet Potato and Rosemary Soup

 Vegetarian  Gluten Free

READY IN



42 min.

SERVINGS



6

CALORIES



418 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cloves garlic minced
- 6 servings kosher salt and pepper black freshly ground
- 6 cups chicken broth low-sodium
- 3 tablespoons maple syrup
- 0.5 cup mascarpone cheese at room temperature
- 3 tablespoons olive oil
- 12 inch stems rosemary fresh
- 6 small shallots thinly sliced

- 2 pounds sweet potatoes trimmed peeled cut into 1/2-inch pieces (2 to 3)
- 3 tablespoons butter unsalted at room temperature

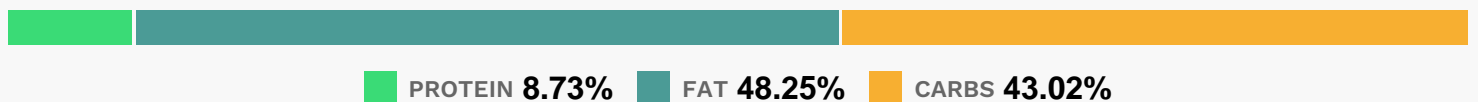
Equipment

- food processor
- whisk
- pot
- blender
- immersion blender

Directions

- In an 8-quart stockpot, melt the butter and oil together over medium-high heat.
- Add the shallots and garlic. Season with salt and pepper and cook until soft, about 3 to 4 minutes.
- Add the sweet potatoes, rosemary and chicken broth. Season with salt and pepper, to taste. Bring the mixture to a boil, reduce the heat and simmer until the sweet potatoes are very tender, about 20 to 25 minutes. Turn off the heat and remove the rosemary stems. Using an immersion blender, blend the mixture until smooth and thick.
- Whisk in the mascarpone cheese and maple syrup until smooth. Season with salt and pepper, to taste. Keep the soup warm over low heat until ready to serve.
- Cook's Note: The soup can also be pureed by ladling, in batches, into a food processor or blender and blended until smooth.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:18.6, Inflammation Score:-10, Nutrition Score:17.06869579139%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 417.63kcal (20.88%), Fat: 22.94g (35.29%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 39.92g (14.52%), Sugar: 14.6g (16.22%), Cholesterol: 33.8mg (11.27%), Sodium: 170.59mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.67%), Vitamin A: 22037.99IU (440.76%), Manganese: 0.77mg (38.58%), Potassium: 859.52mg (24.56%), Fiber: 6.1g (24.39%), Vitamin B6: 0.46mg (22.79%), Vitamin B3: 4.19mg (20.95%), Copper: 0.39mg (19.57%), Vitamin B2: 0.31mg (18.02%), Phosphorus: 163.58mg (16.36%), Vitamin B5: 1.34mg (13.38%), Magnesium: 52.69mg (13.17%), Calcium: 121.31mg (12.13%), Iron: 2.13mg (11.86%), Vitamin E: 1.58mg (10.5%), Vitamin B1: 0.14mg (9.59%), Vitamin C: 7.05mg (8.54%), Folate: 30.93µg (7.73%), Vitamin K: 7.81µg (7.43%), Zinc: 0.93mg (6.17%), Vitamin B12: 0.25µg (4.13%), Selenium: 1.42µg (2.03%)