



Creamy Sweet Potato Soup



Vegetarian



Gluten Free



Popular

READY IN



65 min.

SERVINGS



6

CALORIES



239 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup onion chopped
- ☐ 2 rib celery chopped
- ☐ 1 medium leek light white green sliced (see How to Clean Leeks)
- ☐ 1 teaspoon garlic chopped
- ☐ 1.5 pounds orange-flesh sweet potatoes peeled cut into 1-inch pieces (5 cups) (2 large) (a.k.a. yams)
- ☐ 4 cups chicken stock see for vegetarian option (use vegetable broth)
- ☐ 1 cinnamon sticks

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup heavy cream
- ☐ 0.8 cup milk
- ☐ 6 servings salt
- ☐ 6 servings bell pepper
- ☐ 0.3 cup cup heavy whipping cream plain sour

Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Cook the onions, celery, leeks, and garlic: Melt the butter in a large, thick-bottomed pot over medium-high heat.
- ☐ Add the chopped onions and sauté for 3 to 4 minutes, then add the celery and leeks and sauté for 5 more minutes until softened.
- ☐ Add the garlic and cook a minute more.
- ☐ Add the sweet potatoes, chicken stock, cinnamon stick, and nutmeg. Increase the heat to high and bring to a boil. Reduce to a simmer, and simmer uncovered until the sweet potatoes can be easily pierced with a fork, about 20 minutes.
- ☐ Remove the cinnamon stick. Use an immersion blender to purée the soup or work in batches and purée the soup in a standing blender.
- ☐ Add the cream and milk to the soup.
- ☐ Heat on medium until the soup is heated through.
- ☐ Add salt and pepper to taste.
- ☐ Sprinkle with more black pepper and swirl some water-thinned sour cream or plain yogurt over the soup to serve.

Nutrition Facts



 PROTEIN 7.7%  FAT 32.92%  CARBS 59.38%

Properties

Glycemic Index:73, Glycemic Load:14.94, Inflammation Score:-10, Nutrition Score:20.053913064625%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 238.81kcal (11.94%), Fat: 9.06g (13.95%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 30.75g (11.18%), Sugar: 13.19g (14.66%), Cholesterol: 26.23mg (8.74%), Sodium: 939.23mg (40.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin A: 19327.15IU (386.54%), Vitamin C: 102.14mg (123.8%), Manganese: 0.6mg (29.85%), Vitamin B6: 0.55mg (27.67%), Fiber: 6.03g (24.12%), Potassium: 682.81mg (19.51%), Folate: 62.79µg (15.7%), Vitamin B5: 1.39mg (13.87%), Phosphorus: 134.36mg (13.44%), Vitamin K: 13.81µg (13.16%), Vitamin B2: 0.22mg (13.06%), Magnesium: 50.45mg (12.61%), Vitamin E: 1.85mg (12.33%), Calcium: 118.81mg (11.88%), Vitamin B1: 0.17mg (11.57%), Copper: 0.22mg (10.95%), Iron: 1.46mg (8.1%), Vitamin B3: 1.51mg (7.56%), Zinc: 0.82mg (5.48%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.5µg (3.36%), Selenium: 2.28µg (3.25%)