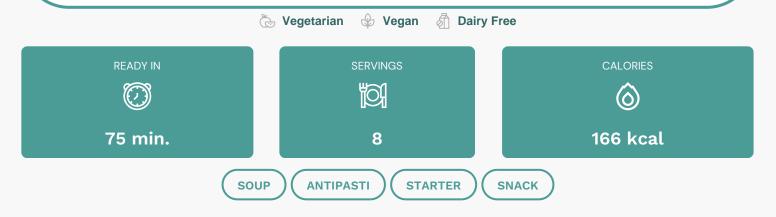


Creamy Vegan Sweet Potato and Corn Chowder



Ingredients

1 bay leaf

•
1 cup celery chopped
2 cups corn kernels
0.3 cup flour all-purpose
1 tablespoon parsley fresh chopped
2 cloves garlic minced
1 teaspoon ground pepper black

	2 tablespoons olive oil	
	1 teaspoon sea salt	
	2 cups soy milk	
	0.5 cup onion sweet chopped	
	3 small sweet potatoes peeled	
	1 cup vegetable broth	
	1 yukon gold potatoes peeled	
Equipment food processor		
	whisk	
	pot	
Directions		
	Place sweet potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 15 minutes.	
	Drain potatoes and reserve 2 1/2 cups of potato water. Chop 2 sweet potatoes and Yukon Gold potato when cool enough to handle; reserve remaining sweet potato for a later step.	
	Heat olive oil in a large pot over medium heat; cook and stir celery and sweet onion in the hot oil until onion begins to brown, about 10 minutes. Stir 1 chopped sweet potato, chopped Yukon Gold potato, and garlic into mixture. Cook and stir until garlic begins to turn golden, about 8 minutes. Stir corn and 1 chopped sweet potato into onion and celery mixture. Cover pot and cook for 5 minutes, stirring occasionally.	
	Pour reserved 2 1/2 cups drained potato cooking water into mixture.	
	Place remaining sweet potato and ginger into a food processor and pulse several times to chop; puree and stir into vegetables. Stir soy milk, vegetable broth, parsley, rosemary, sea salt black pepper, and bay leaf into mixture and bring soup to a boil. Reduce heat to low and simmer 5 minutes.	
	Whisk flour into soup, stir until thickened, and remove soup from heat.	

Nutrition Facts

Properties

Glycemic Index:52.65, Glycemic Load:10.65, Inflammation Score:-10, Nutrition Score:14.280869597974%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 1.45mg, Apigenin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.21mg, Myricetin: 0

Nutrients (% of daily need)

Calories: 165.87kcal (8.29%), Fat: 5.3g (8.16%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 22.87g (8.32%), Sugar: 6.46g (7.18%), Cholesterol: Omg (0%), Sodium: 561.33mg (24.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin A: 7330.59IU (146.61%), Vitamin B6: 0.35mg (17.6%), Vitamin B3: 3.15mg (15.74%), Vitamin K: 15.75µg (15%), Manganese: 0.3mg (14.96%), Vitamin E: 2.2mg (14.68%), Vitamin C: 12.04mg (14.59%), Folate: 57.65µg (14.41%), Fiber: 3.48g (13.93%), Vitamin B2: 0.22mg (12.99%), Potassium: 449.23mg (12.84%), Calcium: 112.12mg (11.21%), Vitamin B1: 0.64µg (10.62%), Copper: 0.2mg (10.24%), Vitamin B1: 0.15mg (9.76%), Vitamin B5: 0.67mg (6.66%), Iron: 1.19mg (6.62%), Magnesium: 26.44mg (6.61%), Phosphorus: 65.68mg (6.57%), Selenium: 3.5µg (5.01%), Vitamin D: 0.71µg (4.72%), Zinc: 0.56mg (3.7%)