



Creamy Vegan Sweet Potato and Corn Chowder



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

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



 PROTEIN **10.58%**  FAT **27.87%**  CARBS **61.55%**

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 Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

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: 0mg (0%), Sodium: 561.33mg (24.41%), Alcohol: 0g (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 B12: 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%)