




 **62%**
HEALTH SCORE

Curried Cauliflower and Sweet Potato Soup


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




60 min.

SERVINGS



8

CALORIES



213 kcal

SOUP ANTIPASTI STARTER SNACK

Ingredients

- 15 ounce canned tomatoes diced canned
- 1 large head cauliflower separated
- 0.3 tsp ground pepper to taste (or)
- 15 ounce chickpeas rinsed cooked drained canned (or)
- 1 small pepper flakes such as jalapeño or serrano, seeded and minced
- 0.1 teaspoon cinnamon
- 0.5 teaspoon cumin seeds
- 1 tablespoon curry powder divided

- 3 cloves garlic minced
- 1 tablespoon ginger paste minced
- 1 large onion peeled chopped
- 1 tablespoon peanut butter
- 1 teaspoon salt to taste (or)
- 1 pound sweet potatoes and into peeled cut into 3/4-inch cubes (1 large)
- 4 cups vegetable stock (or water plus bouillon cubes)
- 2 cups water

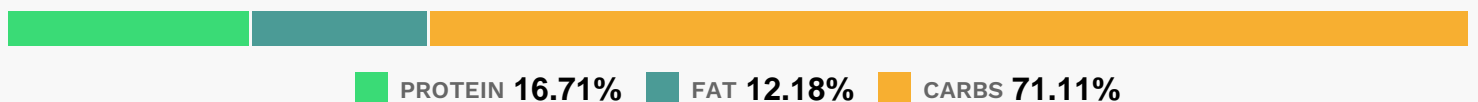
Equipment

- pot

Directions

- Heat a large non-stick pot (4 quarts or larger).
- Add the onion and cook, stirring, until it begins to soften, about 3-4 minutes.
- Add the cumin seeds, ginger, chile pepper, and garlic, and cook, stirring constantly, for another 30 seconds. Stir in the broth, sweet potatoes, 1 teaspoon of the curry powder, and cinnamon. Bring to a boil, reduce heat, cover and cook over low heat until sweet potato softens, about 20 minutes.
- Add the cauliflower, chickpeas, and tomatoes to the pot.
- Add just enough water to almost cover the cauliflower, probably about 3 cups. Stir in the remaining 2 teaspoons of curry powder, and add salt and cayenne pepper (more if you like things hot, less or none at all if you prefer it not spicy). Cover and simmer until cauliflower is tender, about 15-20 minutes. Stir in the peanut butter and serve hot. Note: The peanut butter adds a gram of fat per serving but gives the soup a richness you won't want to miss. If necessary, you can leave it out or substitute with cashew butter or another nut butter.

Nutrition Facts



Properties

Glycemic Index:45.22, Glycemic Load:11.85, Inflammation Score:-10, Nutrition Score:24.393478061842%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 212.85kcal (10.64%), Fat: 3.06g (4.71%), Saturated Fat: 0.54g (3.41%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 30.53g (11.1%), Sugar: 11.61g (12.9%), Cholesterol: 0mg (0%), Sodium: 911.49mg (39.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.89%), Vitamin A: 8509.31IU (170.19%), Vitamin C: 67.51mg (81.83%), Manganese: 1.08mg (54.02%), Folate: 172.26µg (43.07%), Fiber: 9.67g (38.67%), Vitamin B6: 0.55mg (27.49%), Potassium: 891.87mg (25.48%), Vitamin K: 23.94µg (22.8%), Copper: 0.45mg (22.72%), Phosphorus: 198.94mg (19.89%), Iron: 3.48mg (19.33%), Magnesium: 75.97mg (18.99%), Vitamin B5: 1.52mg (15.16%), Vitamin B1: 0.22mg (14.59%), Vitamin B3: 2.18mg (10.9%), Zinc: 1.57mg (10.44%), Vitamin B2: 0.18mg (10.4%), Vitamin E: 1.49mg (9.96%), Calcium: 99.44mg (9.94%), Selenium: 3.76µg (5.37%)