



Curried Sweet Potato Bisque



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



266 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 1.5 cups yogurt plain fat-free divided
- ☐ 0.3 teaspoon ground allspice
- ☐ 31.5 ounce low-salt chicken broth canned
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 3.5 pounds sweet potatoes and into cubed peeled

☐ 1 cup water

Equipment

☐ frying pan

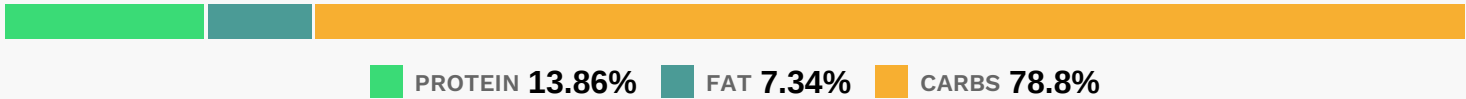
☐ blender

☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion; saut 2 minutes. Stir in curry and allspice; cook 1 minute.
- ☐ Add water, broth, sweet potato, and salt. Cook 25 minutes or until potato is tender.
- ☐ Place half of sweet potato mixture in a blender; process until smooth. Repeat procedure with remaining sweet potato mixture. Return pured sweet potato mixture to pan. Bring bisque to a boil; remove from heat. Stir in 1 cup yogurt until blended. Top each serving with about 1 tablespoon yogurt; garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:23, Inflammation Score:-10, Nutrition Score:18.830000048098%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 266.15kcal (13.31%), Fat: 2.22g (3.42%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 46.32g (16.84%), Sugar: 14.66g (16.29%), Cholesterol: 1.05mg (0.35%), Sodium: 372.52mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Vitamin A: 32185.73IU (643.71%), Manganese: 0.64mg (32.21%), Potassium: 1050.87mg (30.02%), Fiber: 7.4g (29.59%), Vitamin B6: 0.55mg (27.44%),

Phosphorus: 235.99mg (23.6%), Vitamin B5: 2.18mg (21.79%), Copper: 0.43mg (21.75%), Calcium: 187.21mg (18.72%), Vitamin B2: 0.31mg (18.08%), Magnesium: 72.13mg (18.03%), Vitamin B3: 3.12mg (15.62%), Vitamin B1: 0.21mg (14.28%), Iron: 1.93mg (10.71%), Vitamin C: 7.7mg (9.33%), Zinc: 1.38mg (9.22%), Folate: 36.5µg (9.12%), Vitamin B12: 0.45µg (7.46%), Vitamin E: 0.88mg (5.9%), Vitamin K: 5.54µg (5.27%), Selenium: 3.47µg (4.95%)