



Curried Sweet Potato Soup

 Vegetarian  Gluten Free

READY IN



460 min.

SERVINGS



9

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby carrots
- 5 cups chicken broth
- 1 teaspoon curry powder red
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 9 servings salt and ground pepper black to taste
- 1 cup half-and-half
- 2 tablespoons real maple syrup

- 1 onion chopped
- 2 large sweet potatoes peeled cut into cubes

Equipment

- blender
- slow cooker

Directions

- Stir chicken broth, sweet potatoes, baby carrots, onion, red curry powder, cinnamon, and ground ginger together in a slow cooker.
- Cook on Low for 7 hours.
- Pour soup into a blender no more than half full. Cover and hold lid in place. Pulse blender a few times before leaving on to blend. Puree in batches until smooth. Return pureed soup to slow cooker. Stir half-and-half and maple syrup into the soup; season with salt and pepper.
- Cook on High for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:8.86, Inflammation Score:-10, Nutrition Score:11.237826077834%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 136.64kcal (6.83%), Fat: 3.49g (5.38%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 20.32g (7.39%), Sugar: 9.38g (10.42%), Cholesterol: 12.02mg (4.01%), Sodium: 565.58mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin A: 14742.86IU (294.86%), Manganese: 0.5mg (25.23%), Vitamin B2: 0.25mg (14.49%), Fiber: 3.5g (14.01%), Potassium: 415.82mg (11.88%), Vitamin B6:

0.22mg (10.98%), Copper: 0.17mg (8.68%), Vitamin B5: 0.83mg (8.26%), Phosphorus: 79.01mg (7.9%), Calcium: 76.72mg (7.67%), Vitamin B1: 0.11mg (7.48%), Magnesium: 28.96mg (7.24%), Iron: 0.96mg (5.34%), Folate: 19.5µg (4.88%), Vitamin B3: 0.93mg (4.67%), Vitamin K: 4.87µg (4.64%), Vitamin C: 3.73mg (4.52%), Zinc: 0.54mg (3.6%), Selenium: 2.26µg (3.23%), Vitamin E: 0.37mg (2.48%), Vitamin B12: 0.08µg (1.29%)