



Curried Sweet Potato & Wild Rice Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup rice wild cooked
- ☐ 1 tsp mild curry powder
- ☐ 0.3 tsp garam masala
- ☐ 0.5 cup plant-based milk
- ☐ 0.5 onion diced sweet whole
- ☐ 1 medium sweet potatoes and into whole cooked
- ☐ 1 cup vegetable broth
- ☐ 3 garlic cloves whole minced

Equipment

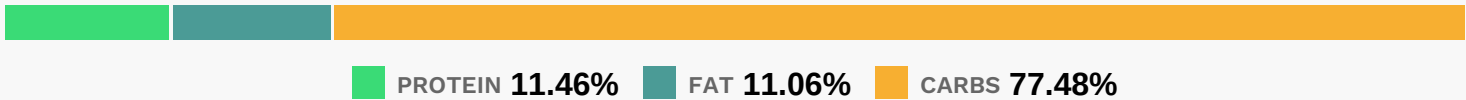
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 425F.
- ☐ Bake sweet potato until fully cooked, about 45 minutes to 1 hour. Allow to completely cool then peel away the skin and discard.
- ☐ Transfer potato to a blender. In a medium saucepan, combine onion, garlic, broth, curry and garam masala. Bring to a boil, then reduce heat to low, cover and simmer until onions are translucent, about 5 to 7 minutes.
- ☐ Transfer to the blender, add non-dairy milk and blend until smooth and creamy. Return to saucepan and heat thoroughly. Adjust seasonings, adding 1/4 tsp more of curry or garam masala if desired. If the soup becomes too thick, thin out with a little non-dairy milk or water. Laddle into a bowl and spoon warm wild rice into the center.
- ☐ Sprinkle ground cinnamon for garnish and serve.Note: This recipe becomes more flavorful over time. If possible, make a day in advance and gently reheat.Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber2gSugars1gProtein6g

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:13.98, Inflammation Score:-10, Nutrition Score:13.89478257428%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 182.32kcal (9.12%), Fat: 2.3g (3.53%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 31.51g (11.46%), Sugar: 10.04g (11.16%), Cholesterol: 7.32mg (2.44%), Sodium: 558.5mg (24.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.71%), Vitamin A: 16391.83IU (327.84%), Manganese: 0.51mg (25.27%), Vitamin B6: 0.4mg (20.07%), Fiber: 4.7g (18.8%), Potassium: 566.64mg (16.19%), Phosphorus: 149.88mg (14.99%), Calcium: 128.79mg (12.88%), Vitamin B5: 1.22mg (12.24%), Magnesium: 48.54mg (12.14%), Copper: 0.23mg (11.42%), Vitamin B2: 0.19mg (10.95%), Vitamin B1: 0.16mg (10.48%), Vitamin C: 6.26mg (7.59%), Iron: 1.24mg (6.9%), Zinc: 1mg (6.69%), Folate: 24.66µg (6.16%), Vitamin B12: 0.33µg (5.49%), Vitamin B3: 1.06mg (5.28%), Vitamin D: 0.67µg (4.47%), Selenium: 2.95µg (4.21%), Vitamin E: 0.6mg (4.02%), Vitamin K: 3.5µg (3.34%)