



## Easy Creamy Sweet Potato Soup



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



349 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 cups coconut milk
- ☐ 5 cloves garlic chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 tablespoons olive oil or as needed
- ☐ 8 servings salt as needed
- ☐ 4 sweet potatoes cut into cubes

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1 onion white chopped

## Equipment

☐

bowl

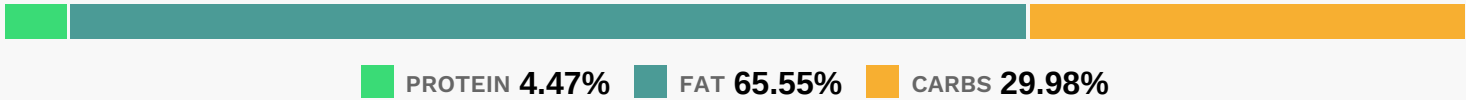
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pot

## Directions

- ☐
- Place sweet potatoes into a large pot and cover with water and add a pinch of salt; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐
- Drain. Mash sweet potatoes in a bowl.
- ☐
- Heat olive oil in a large pot over medium heat. Cook and stir onion and garlic in hot oil until golden brown, about 5 minutes.
- ☐
- Stir mashed sweet potato into the onion and garlic.
- ☐
- Pour coconut milk and heavy cream over the sweet potato mixture; stir. Season mixture with hot sauce, salt, and pepper. Reduce heat to low and cook until heated through and slightly thickened, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:13.23, Inflammation Score:-10, Nutrition Score:13.86608696243%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Nutrients (% of daily need)

Calories: 349.15kcal (17.46%), Fat: 26.38g (40.58%), Saturated Fat: 18.04g (112.76%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 23.45g (8.53%), Sugar: 6.2g (6.89%), Cholesterol: 33.62mg (11.21%), Sodium: 278.88mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 16470.03IU

(329.4%), Manganese: 0.79mg (39.41%), Potassium: 562.73mg (16.08%), Copper: 0.31mg (15.62%), Vitamin B6: 0.3mg (15.14%), Iron: 2.68mg (14.87%), Fiber: 3.69g (14.76%), Magnesium: 58.35mg (14.59%), Phosphorus: 131.65mg (13.16%), Vitamin B5: 1.1mg (10.96%), Vitamin B1: 0.12mg (7.79%), Vitamin B2: 0.13mg (7.71%), Vitamin E: 1.08mg (7.18%), Calcium: 70.88mg (7.09%), Vitamin C: 5.24mg (6.36%), Folate: 24.23µg (6.06%), Vitamin B3: 1.04mg (5.2%), Zinc: 0.77mg (5.16%), Vitamin K: 5.35µg (5.09%), Vitamin D: 0.48µg (3.17%), Selenium: 1.91µg (2.73%)