



## Ham and Sweet Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 tablespoons butter
- ☐ 0.3 cup carrots chopped
- ☐ 0.3 cup celery diced
- ☐ 5 cups chicken stock see
- ☐ 0.3 cup regular corn
- ☐ 0.8 cup ham diced cooked
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley flakes dried
- ☐ 6 tablespoons flour all-purpose

- ☐ 1 tablespoon garlic   chopped
- ☐ 0.5 cup bell pepper   green chopped
- ☐ 1 teaspoon ground pepper   black to taste
- ☐ 2 cups milk
- ☐ 0.3 cup onion   finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cheddar cheese   shredded
- ☐ 3.5 cups sweet potatoes   diced peeled

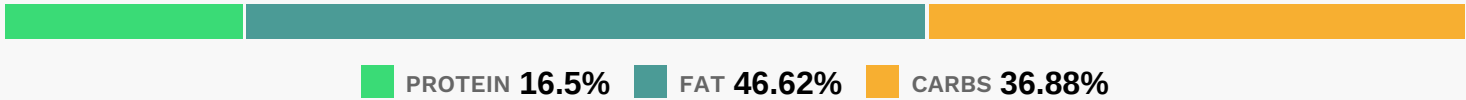
## Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

## Directions

- ☐ Combine chicken stock, sweet potatoes, ham, celery, and onion in a stockpot; bring to a boil. Reduce heat to medium and cook until sweet potatoes are tender, 10 to 15 minutes. Stir green bell pepper, carrot, corn, garlic, basil, parsley flakes, black pepper, and salt into soup and simmer until vegetables are softened, 5 to 10 minutes.
- ☐ Melt butter in a saucepan over medium-low heat; whisk flour into butter using a fork. Cook and stir mixture until thickened, about 1 minute. Slowly stir milk into butter-flour mixture until completely smooth; continue cooking and stirring over medium-low heat until thickened, 4 to 5 more minutes. Stir Cheddar cheese into milk mixture until melted and smooth.
- ☐ Stir milk-Cheddar cheese mixture into soup; cook until thickened and heated through, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:60.17, Glycemic Load:10.97, Inflammation Score:-10, Nutrition Score:16.162173913873%

## Flavonoids

Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 296.68kcal (14.83%), Fat: 15.47g (23.8%), Saturated Fat: 8.38g (52.34%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 24.94g (9.07%), Sugar: 8.78g (9.75%), Cholesterol: 48.96mg (16.32%), Sodium: 670.13mg (29.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Vitamin A: 9420.2IU (188.4%), Phosphorus: 229.32mg (22.93%), Vitamin B2: 0.37mg (21.48%), Calcium: 187.03mg (18.7%), Vitamin B3: 3.68mg (18.4%), Vitamin B6: 0.35mg (17.33%), Selenium: 12.12µg (17.32%), Vitamin B1: 0.25mg (16.98%), Potassium: 562.38mg (16.07%), Vitamin C: 13.11mg (15.89%), Manganese: 0.3mg (14.87%), Copper: 0.22mg (10.83%), Fiber: 2.6g (10.39%), Vitamin B12: 0.61µg (10.1%), Magnesium: 39.78mg (9.94%), Vitamin B5: 0.95mg (9.51%), Zinc: 1.4mg (9.33%), Folate: 33.06µg (8.27%), Vitamin K: 7.65µg (7.29%), Iron: 1.28mg (7.14%), Vitamin D: 0.73µg (4.9%), Vitamin E: 0.61mg (4.06%)