



Nutty Sweet Potato Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



305 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with their juices no salt added canned
- 1 tablespoon canola oil
- 1 cup carrots diced
- 0.5 teaspoon cayenne pepper
- 0.7 cup creamy natural peanut butter
- 1 teaspoon ginger fresh grated peeled
- 1 teaspoon garlic minced

- 2 teaspoons honey
- 2 cups onion diced
- 1 cup bell pepper diced red seeded
- 0.5 cup scallion greens chopped (3 scallions)
- 2 cups sweet potatoes and into cubed peeled
- 6 cups vegetable broth low-sodium

Equipment

- food processor
- pot
- blender
- immersion blender

Directions

- Watch how to make this recipe.
- Heat the oil in a large soup pot over a medium-high heat.
- Add the onions, bell pepper and carrots and cook, stirring until the vegetables soften, about 5 minutes.
- Add the cayenne, black pepper, garlic and ginger and cook for 1 minute more. Stir in the sweet potato, broth, and tomatoes and bring to a boil. Reduce the heat to medium-low and simmer until the potatoes are tender, about 20 minutes.
- *Puree the soup in the pot using an immersion blender or in a regular blender in 2 batches and return the soup to the pot.
- Add the peanut butter and honey and stir, over low heat, until the peanut butter melts.
- Serve warm, garnished with the scallions.
- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.

Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



PROTEIN 12.22% **FAT 47.85%** **CARBS 39.93%**

Properties

Glycemic Index:61.85, Glycemic Load:8.41, Inflammation Score:-10, Nutrition Score:20.474347912747%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg

Nutrients (% of daily need)

Calories: 304.8kcal (15.24%), Fat: 17.33g (26.66%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 25.78g (9.38%), Sugar: 13.96g (15.51%), Cholesterol: 0mg (0%), Sodium: 173.7mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Vitamin A: 10865.66IU (217.31%), Vitamin C: 46.31mg (56.13%), Manganese: 0.76mg (38.17%), Vitamin E: 4.24mg (28.29%), Fiber: 6.75g (27%), Vitamin B3: 5.13mg (25.66%), Vitamin K: 26.45µg (25.19%), Vitamin B6: 0.48mg (23.93%), Magnesium: 80.46mg (20.11%), Potassium: 671.59mg (19.19%), Folate: 66.26µg (16.56%), Phosphorus: 165.23mg (16.52%), Copper: 0.28mg (14.1%), Vitamin B1: 0.16mg (10.89%), Iron: 1.89mg (10.48%), Vitamin B2: 0.18mg (10.44%), Vitamin B5: 0.96mg (9.56%), Zinc: 1.21mg (8.08%), Calcium: 77.71mg (7.77%), Selenium: 1.99µg (2.84%)