



# Peppery Sweet Potato Soup

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



85 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup skim milk fat-free
- 5 garlic clove
- 1 jalapeno
- 5 cups chicken broth reduced-sodium
- 1 teaspoon olive oil
- 2 medium bell pepper sweet red
- 0.5 teaspoon salt
- 4 cups sweet potatoes and into cold prepared mashed ( without milk and butter)

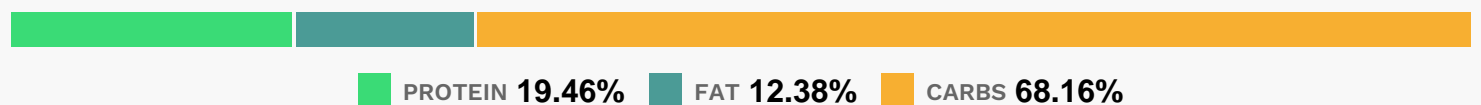
## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- blender
- plastic wrap
- aluminum foil
- tongs

## Directions

- Broil whole jalapeno and red peppers 4 in. from the heat until the skins blister, about 7 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place peppers in a bowl; cover with plastic wrap.
- Let stand for 15–20 minutes. Peel off and discard charred skin; remove stems and seeds. Finely chop peppers.
- Place garlic on a double thickness of heavy-duty foil; drizzle with oil. Wrap foil around garlic.
- Bake at 425° for 15–20 minutes. Cool for 10–15 minutes. Squeeze softened garlic from skins into a small bowl and mash.
- In a large saucepan or soup kettle, combine the peppers, garlic, broth, sweet potatoes and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 25 minutes, stirring occasionally. Stir in milk; heat through. Cool slightly. Process soup in batches in a blender or food processor until smooth; return all to the pan and heat through.

## Nutrition Facts



## Properties

Glycemic Index:18.52, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:11.504782583403%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 85.33kcal (4.27%), Fat: 1.24g (1.91%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 13.17g (4.79%), Sugar: 4.69g (5.21%), Cholesterol: 0.74mg (0.25%), Sodium: 192.24mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin A: 8357.87IU (167.16%), Vitamin C: 33.87mg (41.05%), Vitamin B6: 0.23mg (11.55%), Vitamin B3: 2.2mg (11.02%), Potassium: 381.41mg (10.9%), Manganese: 0.19mg (9.57%), Phosphorus: 95.47mg (9.55%), Fiber: 2.17g (8.67%), Copper: 0.15mg (7.51%), Vitamin B2: 0.12mg (7.22%), Vitamin B5: 0.6mg (6.02%), Calcium: 57.65mg (5.76%), Magnesium: 20.86mg (5.22%), Vitamin B1: 0.07mg (4.78%), Folate: 17.71µg (4.43%), Vitamin B12: 0.26µg (4.34%), Vitamin E: 0.62mg (4.16%), Iron: 0.71mg (3.93%), Zinc: 0.47mg (3.11%), Vitamin K: 2.65µg (2.52%), Vitamin D: 0.27µg (1.8%), Selenium: 1.05µg (1.5%)