



Quick Apple and Sweet Potato Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



209 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon allspice
- 1.5 cups apple cider
- 1 tablespoon butter
- 2 stalks celery chopped
- 1 teaspoon cinnamon
- 8 sprigs thyme leaves fresh
- 3 cloves garlic smashed
- 4 granny smith apples cored peeled cut into 1-inch chunks

- 1 teaspoon ground cumin
- 8 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil
- 2 pounds sweet potatoes peeled cut into 1-inch chunks
- 4 cups vegetable stock
- 0.5 cup vidalia onion chopped

Equipment

- food processor
- pot
- blender
- immersion blender

Directions

- In a large pot over medium heat add the butter and olive oil.
- Add the celery, onion, and thyme. Season with salt and pepper, then stir while cooking until the onions and celery are tender.
- Add the garlic, cinnamon, allspice, and cumin. Stir and cook until fragrant, about 5 minutes.
- Add the sweet potatoes and apples stirring to coat them with the contents of the pot.
- Add the vegetable stock and apple cider and then cover. Simmer for 20 to 25 minutes or until tender.
- In batches, carefully puree the contents of the pot in a blender or use an immersion blender. Taste and season with salt.
- Serve warm or chilled.
- 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 4.45% FAT 14.71% CARBS 80.84%

Properties

Glycemic Index:48.72, Glycemic Load:17.48, Inflammation Score:-10, Nutrition Score:12.590869656885%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 208.51kcal (10.43%), Fat: 3.56g (5.47%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 37.71g (13.71%), Sugar: 20.12g (22.36%), Cholesterol: 3.76mg (1.25%), Sodium: 555.98mg (24.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin A: 16529.12IU (330.58%), Fiber: 6.3g (25.2%), Manganese: 0.48mg (23.97%), Potassium: 581.33mg (16.61%), Vitamin B6: 0.32mg (16.11%), Vitamin C: 10.13mg (12.27%), Copper: 0.22mg (11.21%), Vitamin B5: 1.03mg (10.34%), Magnesium: 40.43mg (10.11%), Vitamin B1: 0.12mg (8.27%), Vitamin K: 8.45µg (8.05%), Phosphorus: 76.41mg (7.64%), Iron: 1.31mg (7.27%), Vitamin B2: 0.12mg (6.81%), Calcium: 61.64mg (6.16%), Folate: 21.74µg (5.44%), Vitamin E: 0.8mg (5.34%), Vitamin B3: 0.84mg (4.19%), Zinc: 0.46mg (3.09%), Selenium: 1.02µg (1.46%)