



 **45%**
HEALTH SCORE

Roasted Garlic and Sweet Potato Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



145 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons parsley fresh minced
- 1 tablespoon thyme dried fresh minced
- 1 garlic clove whole
- 6 cups chicken broth divided reduced-sodium
- 3 teaspoons olive oil divided
- 2 large onion cut into wedges
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

- 2.5 pounds sweet potatoes and into peeled cut into 1/2-inch slices (4 large)

Equipment

- sauce pan
- oven
- blender
- baking pan
- aluminum foil

Directions

- Remove papery outer skin from garlic bulb (do not peel or separate cloves).
- Cut top off bulb; brush with 1/2 teaspoon oil. Wrap in heavy-duty foil.
- Place sweet potatoes and onions in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray.
- Drizzle with remaining oil; toss to coat.
- Bake garlic and vegetables at 425° for 30–35 minutes or until tender. Cool for 10–15 minutes.
- Place 1-1/2 cups broth, parsley, thyme, salt and pepper in a blender. Squeeze softened garlic into mixture; cover and process until smooth.
- Transfer to a large saucepan.
- In batches, process the sweet potatoes, onions and remaining broth until smooth; add to garlic mixture. Cook, stirring occasionally, until heated through.

Nutrition Facts



PROTEIN 13.34% **FAT 12.99%** **CARBS 73.67%**

Properties

Glycemic Index:17.9, Glycemic Load:11.92, Inflammation Score:-10, Nutrition Score:12.813912982526%

Flavonoids

Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin:

1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 144.69kcal (7.23%), Fat: 2.17g (3.35%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 23.64g (8.6%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 164.93mg (7.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Vitamin A: 16171.14IU (323.42%), Vitamin K: 22.91µg (21.82%), Manganese: 0.37mg (18.62%), Fiber: 4.1g (16.4%), Potassium: 556.97mg (15.91%), Vitamin B6: 0.29mg (14.69%), Vitamin B3: 2.64mg (13.19%), Copper: 0.26mg (13.05%), Phosphorus: 106.24mg (10.62%), Vitamin B5: 0.95mg (9.49%), Iron: 1.61mg (8.95%), Magnesium: 34.16mg (8.54%), Vitamin C: 6.3mg (7.64%), Vitamin B2: 0.12mg (7.21%), Vitamin B1: 0.11mg (7.04%), Calcium: 55.95mg (5.59%), Folate: 20.5µg (5.12%), Zinc: 0.57mg (3.8%), Vitamin E: 0.51mg (3.4%), Vitamin B12: 0.14µg (2.36%), Selenium: 0.89µg (1.28%)