



## Smoky Sweet Potato Chicken Stoup

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 2 medium carrots peeled
- 2 ribs celery
- 5 cups chicken stock see
- 0.8 pound chicken tenderloins cut into bite size pieces
- 1 to 2 chipotle chili in adobo finely chopped plus a spoon of sauce from the can
- 0.3 cup cilantro leaves generous roughly chopped
- 1 cup cooking wine dry white

- 2 cloves garlic chopped
- 2 tablespoons olive oil extra-virgin
- 1 large onion peeled halved
- 4 servings salt and pepper black
- 4 scallions white green thinly sliced
- 0.5 cup cup heavy whipping cream sour for garnish, optional
- 1 large sweet potatoes and into
- 1 teaspoon thyme leaves dry

## Equipment

- frying pan
- pot

## Directions

- Heat a soup pot over medium-high heat with 2 tablespoons of extra-virgin olive oil, about 2 turns of the pan.
- While soup pot heats, chop carrots in half lengthwise then slice into thin half moons.
- Add the carrots to the pot while it heats, stirring to coat the carrots in the oil. Chop and drop in celery and onion, chopping as small as you can, but don't make yourself crazy.
- Add the garlic, chipotle, and adobo sauce and stir to combine. Season the veggies with salt, pepper, thyme, and bay leaf. Cook the veggies together 1 minute.
- Add the wine and reduce a minute.
- Add the stock to the pot, cover the pot, and raise heat to high. Bring the stoup to a boil, remove the cover, and simmer for 10 minutes.
- Peel and cut the sweet potatoes into quarters lengthwise, then thinly slice into bite size pieces.
- Add the cut chicken and sweet potatoes and simmer 5 minutes until sweet potatoes are tender and chicken is cooked through. Turn the heat off and add the scallions and cilantro.
- Serve each portion of stoup with a dollop of sour cream on top.

## Nutrition Facts

PROTEIN 26.14% FAT 37.88% CARBS 35.98%

## Properties

Glycemic Index:79.46, Glycemic Load:10.85, Inflammation Score:-10, Nutrition Score:27.60869569623%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

## Nutrients (% of daily need)

Calories: 485.75kcal (24.29%), Fat: 18.61g (28.64%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 34.6g (12.58%), Sugar: 13.71g (15.23%), Cholesterol: 80.39mg (26.8%), Sodium: 821.52mg (35.72%), Alcohol: 6.18g (100%), Alcohol %: 1.16% (100%), Protein: 28.89g (57.79%), Vitamin A: 17671.2IU (353.42%), Vitamin B3: 14.68mg (73.39%), Vitamin B6: 1.17mg (58.55%), Selenium: 36.04µg (51.49%), Vitamin K: 45.19µg (43.04%), Phosphorus: 366.33mg (36.63%), Potassium: 1246.65mg (35.62%), Vitamin B2: 0.5mg (29.63%), Manganese: 0.48mg (23.88%), Vitamin B5: 2.22mg (22.2%), Fiber: 5.18g (20.74%), Magnesium: 77.72mg (19.43%), Vitamin B1: 0.29mg (19.1%), Copper: 0.38mg (18.8%), Vitamin C: 12.92mg (15.66%), Folate: 58.81µg (14.7%), Vitamin E: 1.94mg (12.97%), Iron: 2.31mg (12.81%), Calcium: 114.33mg (11.43%), Zinc: 1.58mg (10.52%), Vitamin B12: 0.23µg (3.84%)