



## Southern Sweet Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1098 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 1 rib celery chopped
- 2 cups chicken broth
- 1 stick cinnamon (1 1/4-inch)
- 2 servings garnishes: dry-roasted peanuts fresh chopped
- 1 garlic clove minced
- 1 pinch ground nutmeg
- 2 teaspoons blackstrap molasses

- 1 medium onion chopped
- 1.5 tablespoons peanut butter
- 0.3 teaspoon salt
- 1 pinch salt
- 1 large sweet potatoes and into peeled sliced
- 0.3 cup whipping cream
- 1.5 cups whipping cream

## Equipment

- food processor
- sauce pan
- blender
- dutch oven

## Directions

- Melt butter in a large saucepan over medium heat; add onion and celery, and saut 10 minutes or until tender.
- Add garlic, and saut 1 minute.
- Stir in broth and next 3 ingredients. Bring to a boil; reduce heat, and simmer 15 to 20 minutes or until potato is tender.
- Remove and discard cinnamon stick. Process sweet potato mixture in a blender or food processor until smooth.
- Return mixture to Dutch oven; stir in 1 1/2 cups whipping cream and 1/4 teaspoon salt. Cook over medium heat, stirring constantly, until thoroughly heated.
- Beat 1/4 cup whipping cream, molasses, pinch of salt, and nutmeg until soft peaks form.
- Serve with soup, and garnish, if desired.
- \* 1 1/2 cups fat-free half-and-half may be substituted for 1 1/2 cups whipping cream.

## Nutrition Facts



■ PROTEIN 4.95% ■ FAT 74.94% ■ CARBS 20.11%

## Properties

Glycemic Index:140, Glycemic Load:20.88, Inflammation Score:-10, Nutrition Score:25.529565044071%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

## Nutrients (% of daily need)

Calories: 1098.07kcal (54.9%), Fat: 93.93g (144.51%), Saturated Fat: 51.75g (323.42%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 48.93g (17.79%), Sugar: 23.27g (25.86%), Cholesterol: 240.02mg (80.01%), Sodium: 1524.94mg (66.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Vitamin A: 27693.81IU (553.88%), Manganese: 1.27mg (63.51%), Vitamin B2: 0.68mg (40.11%), Potassium: 1092.11mg (31.2%), Vitamin B6: 0.62mg (31.14%), Fiber: 7.77g (31.07%), Phosphorus: 280.33mg (28.03%), Vitamin E: 4.08mg (27.22%), Magnesium: 106.75mg (26.69%), Calcium: 257.07mg (25.71%), Vitamin D: 3.33µg (22.21%), Vitamin B5: 2.21mg (22.05%), Copper: 0.44mg (22.05%), Vitamin B1: 0.28mg (18.43%), Vitamin B3: 3.51mg (17.54%), Selenium: 10.59µg (15.13%), Iron: 2.27mg (12.61%), Folate: 49.62µg (12.4%), Vitamin C: 9.99mg (12.11%), Zinc: 1.68mg (11.21%), Vitamin K: 10.7µg (10.19%), Vitamin B12: 0.39µg (6.57%)