



 7%
HEALTH SCORE

Spicy Sweet Potato Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 4 cups chicken stock see
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons ginger fresh grated
- 2 cloves garlic sliced
- 0.5 teaspoon ground cumin
- 1 juice of lime juiced
- 1 teaspoon lime zest grated

- 1 onion sliced
- 0.3 teaspoon pepper red crushed
- 1 large roma tomatoes diced seeded (plum)
- 8 servings salt to taste
- 0.3 cup creamy peanut butter
- 0.5 cup cream sour
- 2 large sweet potatoes and into cubed peeled

Equipment

- bowl
- ladle
- whisk
- pot
- blender
- immersion blender

Directions

- In a small bowl, stir together the sour cream and lime zest. Set aside in the refrigerator to allow the flavors to blend.
- Melt butter in a large pot over medium heat.
- Add onion and garlic, and cook for about 5 minutes, until softened.
- Add sweet potatoes, and chicken stock. Season with cumin, chili flakes and ginger. Bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes, until potatoes are tender.
- Puree the soup using an immersion blender or regular blender. If using a counter top blender, puree in small batches, filling the blender just a bit past half way to avoid spillage.
- Whisk peanut butter into the soup, and heat through. Stir in lime juice, and salt.
- Ladle into warm bowls, and top with a dollop of the reserved sour cream, a few pieces of diced tomato, and a sprinkle of cilantro.

Nutrition Facts



PROTEIN 12.4% FAT 40.1% CARBS 47.5%

Properties

Glycemic Index:37.63, Glycemic Load:9.12, Inflammation Score:-10, Nutrition Score:12.875217419604%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 216.54kcal (10.83%), Fat: 9.9g (15.23%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 23.01g (8.37%), Sugar: 7.69g (8.54%), Cholesterol: 15.84mg (5.28%), Sodium: 465.09mg (20.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.77%), Vitamin A: 12289.61IU (245.79%), Manganese: 0.39mg (19.45%), Vitamin B3: 3.56mg (17.78%), Vitamin B6: 0.33mg (16.55%), Potassium: 533.68mg (15.25%), Fiber: 3.37g (13.5%), Copper: 0.25mg (12.45%), Phosphorus: 120.05mg (12%), Vitamin B2: 0.2mg (11.9%), Magnesium: 45.21mg (11.3%), Vitamin B1: 0.14mg (9.04%), Vitamin B5: 0.85mg (8.54%), Vitamin E: 1.18mg (7.84%), Vitamin C: 6.04mg (7.33%), Folate: 27.68µg (6.92%), Iron: 1.1mg (6.09%), Selenium: 4.24µg (6.06%), Calcium: 55.73mg (5.57%), Zinc: 0.74mg (4.94%), Vitamin K: 3.22µg (3.07%)