



Sweet and Spicy Sweet Potato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 quarts chicken broth
- ☐ 2 tablespoons ginger fresh grated
- ☐ 0.3 teaspoon ground pepper to taste
- ☐ 1 lime cut into wedges
- ☐ 1 lime zest juiced
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper flakes red to taste
- ☐ 0.5 teaspoon salt to taste

- ☐ 4 shallots sliced
- ☐ 30 ounce sweet potatoes drained canned
- ☐ 1 pound tart apples cored cut into 1/4-inch pieces

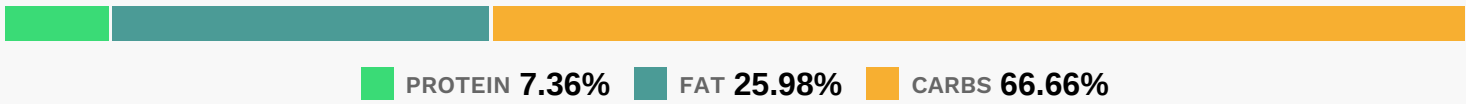
Equipment

- ☐ pot
- ☐ immersion blender

Directions

- ☐ Heat olive oil in a large soup pot over medium heat; cook and stir shallots in the hot oil until soft, about 3 minutes. Stir apples, ginger, zest from 1 lime, red pepper flakes, and cayenne pepper into the pot. Reserve lime juice. Cook and stir mixture until apples are very soft, about 15 minutes.
- ☐ Pour chicken broth into pot; add sweet potatoes and salt. Cover and bring to a boil. Reduce heat to low and simmer for 10 minutes. Puree soup with an immersion blender until smooth. Stir reserved lime juice into soup.
- ☐ Garnish with lime wedges to serve.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:13.59, Inflammation Score:-10, Nutrition Score:12.869565209617%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 197.32kcal (9.87%), Fat: 5.98g (9.19%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 29g (10.54%), Sugar: 12.67g (14.07%), Cholesterol: 4.73mg (1.58%), Sodium: 1085.33mg (47.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin A: 15171.06IU (303.42%), Manganese: 0.45mg (22.37%), Fiber: 5.49g (21.97%), Potassium: 530.18mg (15.15%), Vitamin B6: 0.3mg (15.07%), Vitamin C: 11.17mg (13.54%), Vitamin B2: 0.23mg (13.34%), Copper: 0.24mg (11.91%), Vitamin B1: 0.16mg (10.37%), Vitamin B5: 0.98mg (9.83%), Magnesium: 36.35mg (9.09%), Vitamin E: 1.32mg (8.79%), Phosphorus: 77.15mg (7.71%), Iron: 1.19mg (6.61%), Vitamin K: 6.64µg (6.32%), Vitamin B3: 1.25mg (6.23%), Calcium: 55.63mg (5.56%), Folate: 19.26µg (4.82%), Zinc: 0.59mg (3.91%), Selenium: 1.83µg (2.62%)