



Sweet Potato and Brandy Soup

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



286 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tablespoon allspice
- 1 tablespoon brandy
- 2 cubes chicken bouillon
- 1 tablespoon olive oil
- 0.3 cup red wine
- 4 servings salt and pepper to taste
- 3 large sweet potatoes
- 0.5 cup vidalia onion chopped

- 2 cups water
- 2 tablespoons white wine

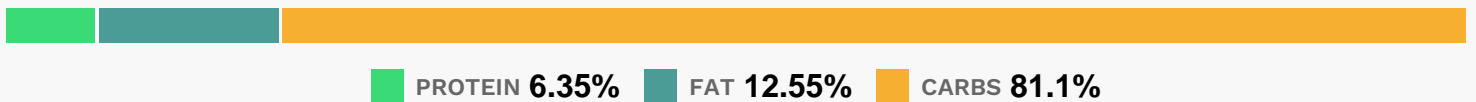
Equipment

- frying pan
- pot

Directions

- Bring a large pot of water to a boil.
- Add sweet potatoes and cook until tender but still firm, about 15 minutes.
- Drain, cool, peel, and mash. Set aside.
- In a medium skillet over medium high heat, cook and stir onions in olive oil until translucent.
- Add white wine, red wine, and brandy, and simmer for 5 minutes.
- Add mashed sweet potatoes, stirring to incorporate. Dissolve bouillon cubes in water and add to the soup with the allspice. Simmer another 10 minutes, stirring occasionally. Season to taste with salt and pepper.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:25.47, Inflammation Score:-10, Nutrition Score:16.753043423528%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.29mg,

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 286.2kcal (14.31%), Fat: 3.71g (5.71%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 53.94g (17.98%), Net Carbohydrates: 45.95g (16.71%), Sugar: 11.83g (13.14%), Cholesterol: 0mg (0%), Sodium: 345.22mg (15.01%), Alcohol: 3.62g (100%), Alcohol %: 1.08% (100%), Protein: 4.23g (8.45%), Vitamin A: 36181.4IU (723.63%), Manganese: 0.72mg (36.25%), Fiber: 7.99g (31.97%), Vitamin B6: 0.57mg (28.64%), Potassium: 915.53mg (26.16%), Copper: 0.42mg (21.11%), Vitamin B5: 2.07mg (20.68%), Magnesium: 70.31mg (17.58%), Vitamin B1: 0.21mg (13.95%), Phosphorus: 131.06mg (13.11%), Iron: 1.77mg (9.85%), Vitamin B2: 0.17mg (9.76%), Calcium: 91.07mg (9.11%), Vitamin C: 7.37mg (8.94%), Folate: 33.15µg (8.29%), Vitamin E: 1.17mg (7.81%), Vitamin B3: 1.51mg (7.55%), Vitamin K: 6.85µg (6.52%), Zinc: 0.84mg (5.62%), Selenium: 1.69µg (2.42%)