



# Sweet Potato and Carrot Soup with Cardamom

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 3 carrots peeled chopped
- 1 pinch ground pepper
- 14 ounce chicken broth canned
- 0.5 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon turmeric

- 1 onion diced
- 0.3 teaspoon pepper red
- 4 servings salt and pepper to taste
- 2 large sweet potatoes and into diced peeled
- 2 cups water

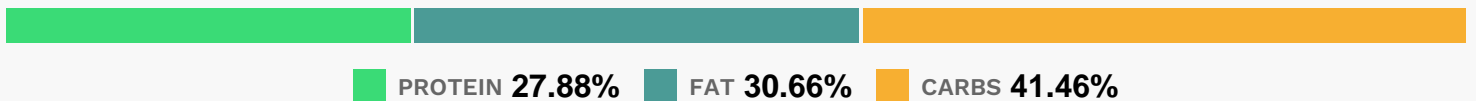
## Equipment

- sauce pan

## Directions

- Melt the butter in a large saucepan over medium-high heat. Stir in onions, and cook until golden brown, 5 to 7 minutes. Season with cardamom, turmeric, ginger, pepper flakes, cinnamon, cayenne; cook until fragrant, about 1 minute.
- Pour in chicken broth and water; add sweet potatoes and carrots. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the vegetables are tender, 25 to 30 minutes.
- Remove from heat, and puree in batches until smooth.

## Nutrition Facts



## Properties

Glycemic Index:57.21, Glycemic Load:18.91, Inflammation Score:-10, Nutrition Score:20.645217405713%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

## Nutrients (% of daily need)

Calories: 412.09kcal (20.6%), Fat: 13.99g (21.53%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 35.49g (12.91%), Sugar: 10.47g (11.63%), Cholesterol: 64.66mg (21.55%), Sodium: 851.33mg

(37.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.27%), Vitamin A: 32159.87IU (643.2%), Manganese: 0.69mg (34.29%), Vitamin B6: 0.65mg (32.36%), Fiber: 7.08g (28.32%), Selenium: 19.64µg (28.05%), Potassium: 924.07mg (26.4%), Phosphorus: 258.9mg (25.89%), Zinc: 3.2mg (21.35%), Vitamin B3: 3.85mg (19.26%), Magnesium: 72.3mg (18.08%), Copper: 0.36mg (18.04%), Vitamin B12: 1µg (16.74%), Vitamin B5: 1.53mg (15.29%), Iron: 2.67mg (14.84%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.18mg (11.8%), Vitamin K: 12.19µg (11.61%), Vitamin C: 8.92mg (10.82%), Calcium: 94.69mg (9.47%), Folate: 34.95µg (8.74%), Vitamin E: 1.29mg (8.61%)