



 **18%**
HEALTH SCORE

Sweet Potato and Celery Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



57 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound sweet potatoes and into
- 1 cup celery chopped
- 1 small onion chopped
- 2 tablespoons olive oil
- 0.5 teaspoon basil sweet
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- 2 bay leaves
- 12 servings salt and pepper to taste

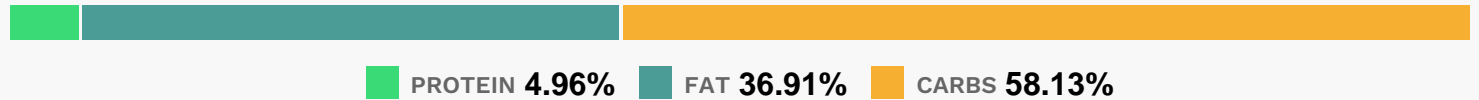
Equipment

- food processor
- pot

Directions

- In a large soup pot add the olive and saute the vegetable about 3 minutes.
- Add the bay leaves, basil and vegetable broth.
- Bring to a boil and then turn down the heat and simmer 25–30 minutes until the vegetables are very soft.
- Remove the pot from the heat and allow to cool enough to place in a food processor.
- Process until smooth and then reheat.
- Add croutons if desired and some chopped fresh basil.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:6.65%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Taste

Sweetness: 81.73%, Saltiness: 9.34%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 56.7kcal (2.83%), Fat: 2.37g (3.65%), Saturated Fat: 0.34g (2.09%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.04g (2.56%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 221.6mg (9.63%), Protein: 0.72g (1.43%), Vitamin A: 5401.97IU (108.04%), Manganese: 0.12mg (5.78%), Fiber: 1.37g (5.49%), Vitamin B6:

0.09mg (4.63%), Potassium: 157.96mg (4.51%), Vitamin K: 4.61µg (4.39%), Vitamin B5: 0.33mg (3.3%), Copper: 0.06mg (3.13%), Vitamin E: 0.46mg (3.05%), Magnesium: 10.99mg (2.75%), Vitamin B1: 0.03mg (2.26%), Phosphorus: 21.5mg (2.15%), Folate: 8.33µg (2.08%), Vitamin C: 1.61mg (1.95%), Vitamin B2: 0.03mg (1.74%), Calcium: 16.35mg (1.63%), Iron: 0.28mg (1.57%), Vitamin B3: 0.24mg (1.22%)