



 **38%**
HEALTH SCORE

Sweet Potato and Chipotle Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons olive oil
- 1 medium onion white chopped
- 1 serving coarse mustard
- 2 teaspoons ground cumin
- 2 garlic clove minced
- 4 medium sweet potatoes and into peeled cut (2 pounds total)
- 0.5 chipotles in adobo chopped
- 7 cups chicken broth low-sodium

1 serving cream sour for serving

Equipment

pot

dutch oven

Directions

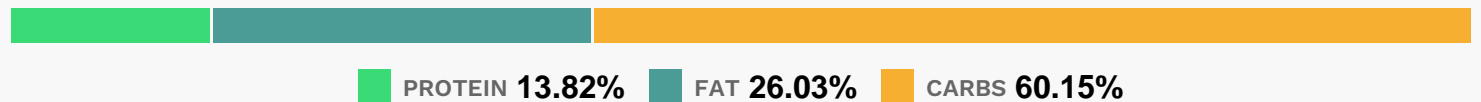
In a large Dutch oven or heavy pot, heat 1 tablespoon oil over medium-high.

Add onion, season with salt and pepper, and cook until beginning to brown around edges, about 7 minutes.

Add cumin and garlic and cook, stirring, until fragrant, about 1 minute. Stir in sweet potatoes, chile, and broth. Bring to a boil; reduce to a rapid simmer, partially cover, and cook until sweet potatoes can be mashed easily with a spoon, 20 to 25 minutes.

Let soup cool slightly. Working in batches, transfer soup to a blender and puree until smooth (use caution when blending hot liquids). Return pureed soup to pot over low heat and season with salt and pepper. Top soup with sour cream and serve with tortilla wedges, if desired.

Nutrition Facts



Properties

Glycemic Index: 19, Glycemic Load: 11.58, Inflammation Score: -10, Nutrition Score: 12.267391303311%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 173.63kcal (8.68%), Fat: 5.24g (8.06%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 23.41g (8.51%), Sugar: 5.72g (6.35%), Cholesterol: 0.88mg (0.29%), Sodium: 133.04mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin A: 16047.84IU (320.96%), Vitamin B3: 3.51mg (17.54%), Manganese: 0.34mg (17.06%), Potassium: 593.27mg (16.95%), Fiber: 3.81g (15.25%), Copper:

0.29mg (14.43%), Vitamin B6: 0.29mg (14.29%), Phosphorus: 124.5mg (12.45%), Vitamin B5: 0.93mg (9.32%), Iron: 1.55mg (8.61%), Magnesium: 34.16mg (8.54%), Vitamin B2: 0.14mg (8.23%), Vitamin B1: 0.1mg (6.71%), Vitamin E: 0.83mg (5.5%), Calcium: 53.28mg (5.33%), Vitamin C: 4.02mg (4.87%), Zinc: 0.61mg (4.07%), Vitamin K: 4.27µg (4.06%), Folate: 15.25µg (3.81%), Vitamin B12: 0.21µg (3.49%), Selenium: 1.15µg (1.64%)