



Sweet Potato-and-Pear Bisque



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings spiced croutons
- ☐ 0.3 teaspoon sage dried
- ☐ 2.3 cups chicken broth fat-free low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 0.5 onion chopped
- ☐ 15 ounce lite pear halves undrained canned
- ☐ 0.3 teaspoon salt
- ☐ 15 ounce sweet potato pieces drained canned

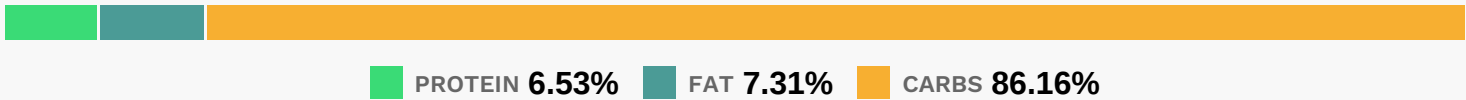
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Saut onion in hot oil in a saucepan over medium-high heat 7 minutes or until onion is tender.
- ☐ Add chicken broth and sage. Bring to a boil; reduce heat, and simmer 5 minutes. Cool slightly.
- ☐ Process broth mixture, sweet potato pieces, pear halves, and salt in a blender, in batches, (or with a handheld blender) until smooth.
- ☐ Cook mixture in a Dutch oven over medium-high heat 5 minutes or until thoroughly heated.
- ☐ Serve with Spiced Croutons.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:16.06, Inflammation Score:-10, Nutrition Score:12.660000044367%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 175.56kcal (8.78%), Fat: 1.5g (2.31%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 32.98g (11.99%), Sugar: 15.58g (17.32%), Cholesterol: 0mg (0%), Sodium: 734.67mg (31.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin A: 15109.52IU (302.19%), Fiber: 6.77g (27.09%), Manganese: 0.36mg (18.13%), Potassium: 541.32mg (15.47%), Vitamin B6: 0.29mg (14.39%), Copper: 0.28mg (13.96%), Vitamin B5: 1.08mg (10.77%), Vitamin C: 8.14mg (9.87%), Magnesium: 37.01mg (9.25%), Phosphorus: 81.91mg (8.19%), Vitamin B1: 0.12mg (7.81%), Vitamin B3: 1.55mg (7.73%), Vitamin B2: 0.13mg (7.4%), Vitamin K: 7.36µg (7.01%), Iron: 1.1mg (6.09%), Folate: 24.36µg (6.09%), Selenium: 4µg (5.71%), Calcium: 50.69mg (5.07%), Vitamin B12: 0.26µg (4.26%), Vitamin E: 0.55mg (3.67%), Zinc: 0.48mg (3.22%)