



Sweet Potato and Roasted Plantain Soup with Fried Plantain and Smoked Chile Crema



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



598 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups canola oil
- ☐ 1 cup coconut milk
- ☐ 0.3 cup maple syrup pure
- ☐ 1 plantains green julienned peeled
- ☐ 2 plantains ripe
- ☐ 8 servings plantains pureed
- ☐ 8 servings salt

- ☐ 8 servings salt and pepper to taste
- ☐ 4 sweet potatoes peeled mashed
- ☐ 8 cups vegetable stock

Equipment

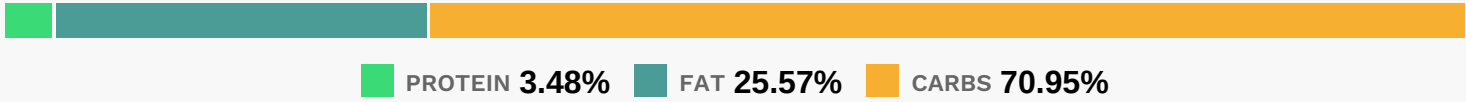
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place plantain on a baking sheet and roast until skins are black and plantains are soft, remove and let cool. Peel and cut into chunks.
- ☐ Heat maple syrup over medium heat, add the roasted plantain and saute until caramelized.
- ☐ Remove with slotted spoon and place food processor and process until smooth.
- ☐ Place potatoes, plantains and vegetable stock in a medium saucepan and cook for 30 minutes.
- ☐ Add the coconut milk and cook for 5 minutes.
- ☐ Place in a food processor and process until smooth. Season with salt and pepper to taste.
- ☐ Smoked Chile Crema: 1 cup creme fraiche 2 teaspoons chipotle pepper puree Salt
- ☐ Combine creme fraiche and chipotle puree in a small bowl and season with salt. Assemble: Cilantro leaves Ladle soup into 8 bowls.
- ☐ Drizzle with smoked chile crema and garnish with fried plantains and cilantro leaves.

- ☐
- Heat oil to 365 degrees F. in a medium skillet.
- ☐
- Add plantains in batches and cook until golden .
- ☐
- brown.
- ☐
- Remove to a plate lined with paper towels and season with salt.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:15.82, Inflammation Score:-10, Nutrition Score:26.561304486316%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 597.74kcal (29.89%), Fat: 18.08g (27.82%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 112.91g (37.64%), Net Carbohydrates: 105.22g (38.26%), Sugar: 52.42g (58.24%), Cholesterol: 0mg (0%), Sodium: 1403.71mg (61.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Vitamin A: 19060.23IU (381.2%), Vitamin K: 74.46µg (70.91%), Vitamin C: 48.68mg (59.01%), Manganese: 1.09mg (54.38%), Potassium: 1651.78mg (47.19%), Vitamin B6: 0.8mg (40.06%), Magnesium: 133.09mg (33.27%), Fiber: 7.69g (30.74%), Vitamin B2: 0.39mg (22.89%), Copper: 0.43mg (21.27%), Folate: 71.88µg (17.97%), Vitamin B1: 0.26mg (17.47%), Vitamin B5: 1.74mg (17.37%), Iron: 3.03mg (16.86%), Phosphorus: 158.77mg (15.88%), Vitamin E: 2.25mg (15.03%), Vitamin B3: 2.44mg (12.22%), Zinc: 1.03mg (6.89%), Selenium: 4.04µg (5.76%), Calcium: 57.35mg (5.74%)