



HEALTH SCORE

78%

Sweet Potato and Sausage Soup



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce chorizo sausage smoked fully cooked
- ☐ 2 large garlic cloves minced
- ☐ 6 cups low-salt chicken broth
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 2 medium onions chopped
- ☐ 2 pounds red-skinned sweet potatoes peeled quartered (yams; 2 large)
- ☐ 9 ounce pkt spinach fresh
- ☐ 1 pound white-skinned potatoes peeled halved lengthwise

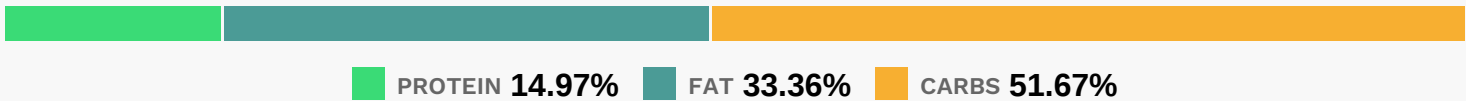
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ potato masher

Directions

- ☐ Heat 2 tablespoons oil in heavy large pot over medium-high heat.
- ☐ Add sausage; cook until brown, stirring often, about 8 minutes.
- ☐ Transfer sausage to paper towels to drain.
- ☐ Add onions and garlic to pot and cook until translucent, stirring often, about 5 minutes.
- ☐ Add all potatoes and cook until beginning to soften, stirring often, about 12 minutes.
- ☐ Add broth; bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer until potatoes are soft, stirring occasionally, about 20 minutes. Using potato masher, mash some of potatoes in pot.
- ☐ Add browned sausage to soup. Stir in spinach and simmer just until wilted, about 5 minutes. Stir in remaining 1 tablespoon oil. Season with salt and pepper. Divide among bowls and serve.

Nutrition Facts



Properties

Glycemic Index:21.59, Glycemic Load:8.03, Inflammation Score:-10, Nutrition Score:25.794348006663%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 297.04kcal (14.85%), Fat: 11.33g (17.43%), Saturated Fat: 3.98g (24.89%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 33.31g (12.11%), Sugar: 9.33g (10.36%), Cholesterol: 25mg (8.33%), Sodium: 124.21mg (5.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin A: 24963.79IU (499.28%), Vitamin K: 161.01µg (153.35%), Vitamin C: 51.06mg (61.88%), Manganese: 0.98mg (49.22%), Potassium: 1150.74mg (32.88%), Vitamin B6: 0.61mg (30.69%), Vitamin B3: 4.98mg (24.88%), Fiber: 6.17g (24.7%), Folate: 83µg (20.75%), Copper: 0.39mg (19.43%), Magnesium: 73.56mg (18.39%), Phosphorus: 171.4mg (17.14%), Iron: 2.95mg (16.37%), Vitamin B2: 0.26mg (15.29%), Vitamin E: 2.22mg (14.8%), Vitamin B1: 0.21mg (13.71%), Vitamin B5: 1.23mg (12.29%), Calcium: 103.43mg (10.34%), Zinc: 0.93mg (6.19%), Vitamin B12: 0.18µg (2.95%), Selenium: 0.96µg (1.37%)